

CSU Counseling Center

Fall 2014

Academic Skills Development Workshops

| Topic: | Wednesday Workshops: 2:45 p.m. - 3:45 p.m. Thursday Workshops: 11:30 a.m. -12:30 pm | |
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| | Wednesday | Thursday |
| Active-Listening and Note-taking | September 10 | September 11 |
| Overcoming Boredom and Staying Motivated | September 17 | September 18 |
| Breaking your Procrastination Habit | September 24 | September 25 |
| Managing Time for Success (Time Management) | October 1 | October 2 |
| DEPRESSION SCREENING | No Workshop Depression Screening (October 8) | No Workshop |
| Skills for enhancing Test Performance (Test-Taking Skills) | October 15 | October 16 |
| Test-Anxiety Management | October 22 | October 23 |
| Strategies for Stress Management | October 29 | October 30 |
| Improving Memory and Concentration | November 5 | November 6 |
| Reviewing and Test Preparation-SQ3R | November 12 | November 13 |
| Preparing for Final Exams | November 19 | November 20 |
| HOLIDAY OBSERVED | November 26 | November 27 |
| Stress Management Session | December 3 | December 4 |

Please call 216-687-2277 to register for workshops and to learn more about our services

Workshops will meet on Wednesdays from 2:45 to 3:45 p.m. and on Thursdays from 11:30 a.m. to 12:30 p.m.