

# CSU Counseling Center Spring 2015 Academic Skills Development Workshops

Topic:	Wednesday Workshops: 2:45 p.m. - 3:45 p.m. Thursday Workshops: 11:30 a.m. -12:30 pm	
	Wednesday	Thursday
Active-Listening and Note-taking	February 11	February 12
Developing and using Time Management Skills	February 18	February 19
Overcoming Boredom and Staying Motivated	February 25	February 26
Breaking your Procrastination Habit	March 4	March 5
SPRING BREAK (March 9-16)	No Workshop March 11	No Workshop March 12
Reviewing and Test Preparation-SQ3R	No Workshop Anxiety Screening March 18	March 19
Improving Test-Taking Skills	March 25	March 26
Test-Anxiety Management	April 1	April 2
Strategies for Improving Memory and Concentration	April 8	April 9
Strategies for Stress Management	April 15	April 16
Preparing for Final Exams	April 22	April 23
Stress Management Session	April 29	April 30

**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.