

Advising Resource Center

Fall 2009 Strategies for Success Workshop Series

Learning Styles and Strategies

Understanding your own way of taking in information and learning is the key to making the best use of your time and energy. Find out what your unique style is and learn strategies that will make you a more effective, efficient and satisfied learner.

Monday, September 14
12:00 – 1:00 p.m. KC1142

Tuesday, September 29
5:00 – 6:00 p.m. KC 1104

Monday, October 26
6:00 – 7:00 p.m. KC 1142

The Balancing Act

Balancing school, work, social activities and family can be a challenge. Learn how to take control of the 168 hours you have each week so that you can meet your goals this semester.

Monday, September 14
5:00-6:00 p.m. KC1142

Wednesday, October 21
12:00-1:00 p.m. KC1104

Thursday, October 29
5:00-6:00p.m. KC1104

Study Tips for Success

Learn to study smarter not harder. Twenty tips for student success will be shared to help you get the most from your study time and your classes. Active reading strategies, note-taking, memory techniques and many other strategies will be discussed.

Thursday, September 17
6:00-7:00 p.m. KC1142

Tuesday, October 20
5:00-6:00 p.m. KC1104

Gaining Power over Procrastination

Understanding the reasons behind your procrastination can help you develop a plan for overcoming it. Come and learn about why people procrastinate and develop an action plan that can help you take charge of your own tendency to put things off.

Thursday, September 24
6:00-7:00 p.m. KC1104

Wednesday, September 30
12:00-1:00 p.m. KC1140

Tuesday, November 3
12:00-1:00 p.m. KC1142

Taking the Stress Out of Taking a Test

"I studied the material but my mind went blank when I saw the test."

"I knew the material but my grade doesn't show it."

"I have always been bad at taking tests."

If any of these comments sound familiar, this workshop can help you. You will learn how to prepare effectively for tests and deal with anxiety before and after you take an exam.

Monday, Sept. 21
5:00 – 6:00 KC 1142

Tuesday, Sept. 22
12:00 -1:00p.m. KC1104

Wednesday, Oct. 7
6:00 – 7:00 p.m. KC 2259

Tuesday, Nov 3
5:30-6:30 KC1104

Wednesday, Nov 11
4:00 -5:00 KC1104

An RSVP is not necessary but appreciated. Please RSVP to earlyalert@qvsu.edu or by calling 331-3588.