

Winter 2012 Academic Success Workshops

All workshops are FREE!

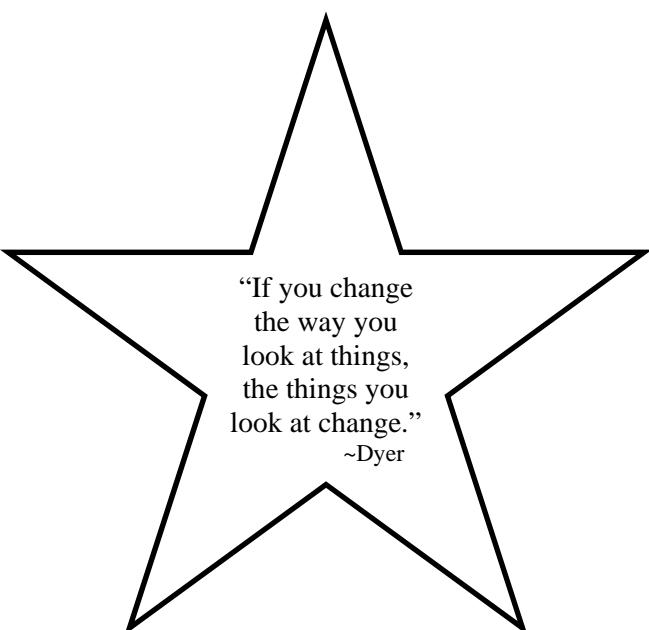
Call SASC for more
information at 331-3588

or

visit our website at
<http://www.gvsu.edu/sasc/>



Do you want individual help
with time management,
note taking, reading strategies,
test taking strategies,
or just general study tips?
Call SASC at 331-3588 and
schedule an appointment
with a study skill coach.



January

Getting Back On Track

Thurs., Jan. 19th, 5-6pm
KC 2215/2216

Learning Styles & Study Strategies

Tues., Jan. 24th, 6-7pm
North C Room 142

February

Test Anxiety

Wednesday, February 1st, 5-6pm
1142 KC

Power over Procrastination

Monday, February 6th, 5-6pm
North C Room 142

Test Taking Strategies

Thursday, February 9th, 5-6pm
North C Room 142

Learning Process

Wednesday, February 15th, 5-6pm
1142 KC

There's an App for That

Thursday, February 16th, 5-6pm
North C Room 142

Learning Styles & Study Strategies

Monday, February 20th, 5-6pm
1142 KC

Focus

Tuesday, February 28th, 6-7pm
North C Room 142

March

Learning Styles & Study Strategies

Thurs., Mar. 15th, 5-6pm
North C Room 142

Power over Procrastination

Tues., Mar. 20th, 5-6 pm
KC 1104

Test Taking Strategies

Mon., Mar. 26th, 5-6pm
North C Room 142

April

Test Anxiety

Thurs., Apr. 5th, 5-6pm
North C Room 142

Winter 2012 Academic Success Workshops

Focus!: Do you find your mind wandering in lectures, or when you are reading your textbooks? Well, you are not alone! Concentration and focus are habits that you can develop and improve. Learn strategies for dealing with the internal and external distractions that get in the way of doing your best.

Getting Back on Track: As the semester begins, now is the perfect time to set goals to improve your GPA and get more out of your classes. Assessing your strengths and weaknesses, setting goals, and learning about campus resources will help you make this a successful year. This workshop is geared towards students who are struggling to meet GVSU's academic standards.

Learning about Learning: Successful students have the ability to think about their thinking and identify and adapt learning strategies based on the demands of the course or subject. Different types of knowledge will be discussed along with metacognitive strategies for acquiring deeper levels of learning and understanding.

Learning Styles & Study Strategies: Understanding your own way of taking in information and learning is key to making the best use of your study time and energy. Learn what your unique style is and learn strategies that will make you a more effective, efficient and satisfied learner. Learn to study smarter, not harder.

Power over Procrastination: You've started the semester with good intentions but all the syllabi requirements, the assignments, the projects and the tests seem so overwhelming that you don't know where to begin. You often find yourself avoiding assignments until the night before they are due. Fight the urge to procrastinate and set up a plan to get organized. Learn how to put a system for success in place and begin to alleviate some of the stress that procrastination causes.

Test Anxiety: Testing can cause stress and anxiety levels to rise, even in the very best of students. Test Anxiety occurs when our feelings of anxiety interfere with our ability to recall previously learned information during a testing situation. In other words, you "forget" or "blank out" what you've previously learned. What is "normal" test anxiety? Students will assess their own level of anxiety and identify strategies to deal with stress and anxiety. Campus resources will be shared.

Test Taking Strategies: "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 assess your current approach to preparing for tests and learn strategies to help you prepare more effectively. You will also learn strategies that you can use while taking the test.

There's an App for That: The smartphone is not only a device for calling home and checking your facebook, it can also be an academic tool. There are apps for everything. Come learn about apps that can help you be successful in college without breaking the bank. We will look at apps for both android devices and iPhones/iPods.