



Fall 2008 Seminars
 First-Year Academies Resource Center, C-740

Improved Note Taking Strategies: How can you take better quality notes in class? Hear about techniques to be a better note-taker, because better notes mean higher grades on tests!

Monday, Sept. 29 4:00 – 5:00 PM
 Monday, Oct. 20 4:00 – 5:00 PM

“INTENT TO GRADUATE.” Don’t miss your train! If you have more than 30 credits & would like to review how to apply for graduation, please attend the following workshop.

Thursday, Oct. 2 3:25 - 4:25 PM **NOTE: This workshop takes place in RM C-238**

Study Skills: How do I study? Where do I begin? If you are having difficulties in developing good study habits, this workshop is for you! Learn techniques of effective study skills.

Monday, Oct. 6 10:30 – 11:30 AM
 Tuesday, Oct. 7 11:45 – 12:45 PM
 Wednesday, Oct. 8 2:15 – 3:15 PM
 Friday, Oct. 10 1 – 2 PM
 Monday, Nov. 24 4:00 – 5:00 PM
 Monday, Dec. 1 4:00 – 5:00 PM

Test Anxiety: Have you experienced anxiety prior to taking exams? Do you get butterflies in your stomach before or while taking your exam? Don’t fear - this workshop will provide you with the tools you need to successfully ace an exam.

Monday, December 8 3:00 – 4:00 PM

Time Management: Do you wonder why you always feel rushed to finish your term papers? Have you not found time to do all your homework before class starts? Is your sleep schedule totally out of whack? Learn how to budget your time and use it more effectively, whatever your class load or crazy life schedule may be.

Monday, Oct. 27 10:30 – 11:30 AM
 Monday, Oct. 27 4:00 - 5:00 PM
 Tuesday, Oct. 28 11:45 – 12: 45 PM
 Wednesday, Oct. 29 2:15 – 3:15 PM
 Thursay, Oct. 30 1 – 2 PM
 Monday, Nov. 10 4:00 – 5:00 PM

Multiple-Choice Test Taking Tips: Do you wish to do better on multiple choice tests? Learn techniques for this often challenging test format that will help you maximize your performance on multiple choice tests.

Tuesday October 21st 3 - 4 PM
 Monday November 3rd 2:15 – 3:15 PM

Options in Health Care/Plan B: If you’re just starting out in one of the Allied Health majors, are you sure you’ve explored all your options? There are many more careers for those who want to help others or work in healthcare than you may think. Come hear about possible futures that could be yours!

Wednesday November 12th 2:15-3:15 PM

The second week in January is when the candidacy results are out. Date T.B.A.