



# ACADEMIC SKILLS WORKSHOPS

*Take your academic performance to the next level!*

Tuesday, August 30 5:30 - 6:30 pm	Time Management and Organization	MGC 247	Wednesday, August 31 5:30 - 6:30 pm	Time Management and Organization <i>(repeat)</i>	MGC 203-205
Tuesday, September 6 5:30 - 6:30 pm	Note Taking Methods	MGC 247	Wednesday, September 7 5:30 - 6:30 pm	Using Technology for Strategic Studying	MGC 247
Tuesday, September 13 5:30 - 6:30 pm	Reading Strategies	MGC 247	Wednesday, September 14 5:30 - 6:30 pm	Reading Strategies <i>(repeat)</i>	MGC 203-205
Tuesday, September 20 5:30 - 6:30 pm	Creating Study Guides	MGC 247	Wednesday, September 21 5:30 - 6:30 pm	Study Strategies & Test Prep	MGC 247
Tuesday, September 27 5:30 - 6:30 pm	Planning and Editing Papers	MGC 247	Wednesday, September 28 5:30 - 6:30 pm	Writing Research Papers	MGC 247
Tuesday, October 4	<i>No Workshop</i>		Wednesday, October 5 5:30 - 6:30 pm	Procrastinate No More!	MGC 247
Tuesday, October 18 5:30 - 6:30 pm	Tackling Test Anxiety	MGC 247	Wednesday, October 19 5:30 - 6:30 pm	Bounce Back: Coping Skills for Handling Life's Stressors	MGC 247
Tuesday, October 25 5:30 - 6:30 pm	Speed Reading	MGC 247	Wednesday, October 26 5:30 - 6:30 pm	Reading Strategies <i>(repeat)</i>	MGC 247
<p>As these workshops are dynamic and hands-on, we encourage you to bring relevant course materials or technology along with you.</p> <p>No registration is required. Questions? email <a href="mailto:asac@american.edu">asac@american.edu</a></p> <p><b>Got <i>guidebook</i> ?</b> <b>Download <u>AU Guides</u></b> from the app store to create a workshop schedule and set reminders on your device!</p>			Wednesday, November 2 5:30 - 6:30 pm	Apps for Studying and Organizing	MGC 247
			Wednesday, November 9 5:30 - 6:30 pm	Speed Reading <i>(repeat)</i>	MGC 247
			Wednesday, November 16 5:30 - 6:30 pm	Managing Stress	MGC 203-205
			Wednesday, November 30 5:30 - 6:30 pm	Prepping for Final Exams	MGC 247

## Workshop Descriptions

**Apps for Studying & Organizing** – There’s an app for that! This is true in the world of academics as well – come learn about apps to help you stay organized, maximize efficiency, and succeed in the classroom. Bring your smart device to follow along!

**Bounce Back: Coping Skills for Handling Life’s Stressors** – Don’t just survive... thrive! This interactive workshop will introduce students to helpful coping strategies for handling life’s various stressors. Some strategies might include: mindfulness techniques and effective problem-solving approaches.

**Creating Study Guides** – Learn how to turn all of those reading and lecture notes into a helpful study tool.

**Managing Stress** – As you get deeper into the school year, stress can creep up and affect you and your wellness in many ways. Learn strategies and habits for getting ahead of stress and ways to cope when it does appear.

**Note Taking Methods** – Taking notes can oftentimes be a frustrating and seemingly pointless task, but good note taking skills can really help you succeed. Come join us in learning basic college-level note taking skills. Based on the Cornell Method, you will learn how to take neat, comprehensible notes that will improve your studying.

**Planning and Editing Papers** – Take an assignment and turn it into a solid paper. Learn practical methods for starting, structuring, and completing your paper while incorporating the components of an “A” paper.

**Prepping for Final Exams** – You’re sprinting for the finish line, clearing hurdles along the way! Final exams are around the corner, and you need help studying, fast! We’ll help you to identify ways to maximize efficiency in order to use every day to its fullest capacity, while still finding time to eat, sleep, and breathe.

**Procrastinate No More!** – Procrastination leads to unnecessary stress, low performance, and poor decision-making. Come to this workshop to learn tips and habits you can create for yourself to avoid the last-minute crunch.

**Reading Strategies** – Are you struggling to get through your course readings? This workshop will help you read more efficiently and effectively to achieve course goals. We will share active reading strategies, tips for creating context around your readings, and how to take useful reading notes. We will also briefly discuss methods for effectively engaging with PDFs and electronic texts.

**Speed Reading** – Learn the practice of speed reading through the meta-guiding and rapid serial visual presentation methods.

**Study Strategies and Test Prep** – Your first exams of the semester are upon you! With our help and advice, you can successfully navigate your studying and feel confident going into the test.

**Tackling Test Anxiety** – Nervous about tests? Come learn tips and strategies to alleviate your anxiety before and during your exams.

**Time Management and Organization** – Managing your time, prioritizing, and staying organized builds a strong foundation for success and alleviates stress. Whether you’re a first-year student or a continuing student, come for an overview of successful strategies. We’ll cover apps, planners, organizational systems, and to-do lists to help you to keep on top of your work and still have time for fun.

**Using Technology for Strategic Studying** – Learn about current tech systems available for your use in reading, note taking, studying, and managing your time. ***Bring your smart device*** to follow along.

**Writing Research Papers** – An introduction to research papers – planning, writing, revising—the basics for undergrad or grad students.