

# workshop wednesdays!

Academic Skills Workshops | Spring 2013

5:00-6:00 p.m. | Bear Down Gym

Jan 16<sup>th</sup> - Time Management: How to avoid procrastination and manage your time wisely

Jan 23<sup>rd</sup> - Goal Setting: SMART goals and how to achieve them

Jan 30<sup>th</sup> - Test Prep and Test Taking Strategies

Feb 6<sup>th</sup> - Note Taking and Strategies for Reading

Feb 13<sup>th</sup> - Surviving and Thriving in Math

Feb 20<sup>th</sup> - Memory Strategies: Remembering important material

Feb 27<sup>th</sup> - Test Anxiety and Learning to Manage Stress

Mar 6<sup>th</sup> - Test Prep and Test Taking Strategies

Mar 13<sup>th</sup> - No Workshop (SPRING RECESS)

Mar 20<sup>th</sup> - Learning How You Learn: Multiple intelligences and your learning style

Mar 27<sup>th</sup> - Time Management: How to avoid procrastination and manage your time wisely

Apr 3<sup>rd</sup> - Overcoming Stage Fright: Tips for public speaking and presenting

Apr 10<sup>th</sup> - Note Taking and Strategies for Reading

Apr 17<sup>th</sup> - Test Anxiety and Learning to Manage Stress

Apr 24<sup>th</sup> - Preparing for Final Exams

May 1<sup>st</sup> - Preparing for Final Exams



[thinktank.arizona.edu](http://thinktank.arizona.edu)

Bear Down Gym, Park Student Union, Rec Center

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