

# Strategies for Success

# Workshops

## Stress Management

Thursday, April 26th

12p - 1p

Bldg. 27, Rm. 121

Thursday, May 31st

12p - 1p

Bldg. 27, Rm. 121

The goal of this workshop is to identify the causes and results of prolonged stress. You will also learn how to reduce, as well as manage, the negative stress of everyday demands.

## Choosing a Major

Thursday, April 19th

12p - 1p

Bldg. 27, Rm. 121

Thursday, May 3th

12p - 1p

Bldg. 27, Rm. 121

Thursday, May 17th

12p - 1p

Bldg. 27, Rm. 121

Going for your transfer degree, but still haven't picked your major? Take a fun inventory to learn about your own interests and then match those to possible majors and career paths. Don't be stumped by that dreaded question, "So....what's your major?" Come to this workshop to find the major that's right for you.

## Test Taking Strategies

Thursday May 10th

12p - 1p

Bldg. 27, Rm. 121

Thursday, June 7th

12p - 1p

Bldg. 27, Rm. 121

Exams are fast approaching, are you well versed in test taking skills? If not, consider this informative workshop that covers topics that include how to do well on essay exams, how to predict test questions and how to eliminate test anxiety.

## Learning Styles

Tuesday, May 15th

12p - 1p

Bldg. 27 Rm. 121

Do you know what your learning style is? Attend this workshop and find out if you are a right or left brain thinker and learn some techniques that will help you to become a more successful student in the classroom and beyond.

## Stop Procrastinating Now

Thursday, May 24th

12p - 1p

Bldg. 27 Rm. 121

We all procrastinate. But are you tired of the stress you feel when you put important things off till the last minute? Come discover your procrastination style and how to turn your style into a strength.



Questions?

Call 596-5396 or come by Counseling Services in M2