

Student Academic Assistance Presents:



Study Skills & Personal Growth Workshops

800-430-8000

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10•7 Manage Your Time (KK)

Learn to manage your time, organize your life and be successful with your academic and personal goals. 12-1pm • Rm 1102A

10•8 Be A Successful Student (RA)

Learn proven strategies that have made students successful at SCCC. 12-1pm • Rm 1102A

10•14 Take Great Notes (BW)

Learn how to take great notes that you can use for studying and reviewing. 12-1pm • Rm 1102A

10•21 Write a Great Essay (RA)

Learn ways to improve your essay writing by breaking through writer's block and using effective mind-mapping techniques! 12-1pm • Rm 4171

10•22 Be A Careful Listener (BW)

Learn how to control negative self-talk and discover how positive self-talk can help you realize your dreams and goals! 12-1pm • Rm 1102A

10•28 Test-Taking Techniques (KK)

Battle test anxiety and discover ways to prepare for a test by learning about different types of tests and test-taking techniques. 12-1pm • Rm 1102A

10•29 Master Math Problems (KT)

Don't let math problems stump you anymore! Learn useful techniques for math success. 12-1pm • Rm 2122

11•4 Strategies for Math Tests & Anxiety (KK)

Don't let math problems stump you anymore! Learn useful techniques for math success. 12-1pm • Rm 1102A

11•5 Improve Your Memory (RA)

Become a better student by developing proven techniques for remembering and retaining course material. 12-1pm • Rm 1102A

11•18 Critical Thinking (BW)

In this workshop we will define critical thinking skills, discuss how they improve your work and review tools to help develop your thinking. 12-1pm • Rm 1102A

12•3 Finals 911 (BK)

Does the thought of finals week make you nervous? In this workshop you will develop strategies to do well on your final exams and complete the quarter successfully! 12-1pm • Rm 1102A



This Student Support Services Project is 100% Federally Funded

For more information, stop by 1102B1 or visit us online at www.seattlecentral.org/academic-assistance