



Study Skills & Personal Growth Workshops



This Student Support Services Project is 100% Federally Funded

Student Academic Assistance Presents:

APRIL

4•21 Manage Your Time (BW)

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

4•22 Take Great Notes (BW)

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

4•28 Math Test Anxiety and Techniques (KK)

Do you become anxious over the thought of your next math exam? Learn useful techniques for dealing with test anxiety. **12-1pm • Rm 1102A**

4•29 Students on a Budget (DB)

Do you find it overwhelming to make ends meet on a student budget? Learn to identify ways to maximize what little money is coming in and making it last! **12-1pm • Rm 1102A**

MAY 2002

5•5 Art Expression (KK)

Art, like music, is a right brain activity, which stimulates the production of endorphins, the body's own natural healers. The goal of this workshop is to have fun and explore art materials! No art experience required! **12-1:30pm • Rm 5102**

5•6 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**

5•12 Master Math Problems (KT)

Don't let math problems stump you anymore! Learn useful techniques for math success. **12-1pm • Rm 4123**

5•13 Write a Great Essay

Learn ways to improve your essay writing by breaking through writer's block and using effective mind-mapping techniques! **12-1pm • Rm 4185**

5•19 Manage Your Stress & Anxiety (KK)

You can't always avoid stress, but in this workshop you can learn how to manage it while picking up important relaxation techniques. **12-1pm • Rm 4136**

JUNE

6•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**

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