

**STUDENT ACADEMIC ASSISTANCE
PERSONAL GROWTH & STUDY SKILLS WORKSHOPS
FREE TO STUDENTS!**

10•7 Manage Your Time

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

10•14 Take Great Notes

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

10•21 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 1102A**

10•22 Be A Careful Listener

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•8 Be A Successful Student

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

10•28 Test-Taking Techniques

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

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

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

11•5 Improve Your Memory

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

11•18 Critical Thinking

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

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

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