Manage Your Time!
Learn to manage your time, organize your life and be successful with your academic and personal goals.

Tuesday, January 23rd
12:00-1:00pm
Facilitator: Bryce Walb

Write a Great Essay!
Improve your essay writing, break through writer’s block and write a great paper.

Tuesday, February 13th
12:00-1:00 pm
Facilitator: Rich Appleton

Memory Improvement!
Become a better student by developing proven techniques for remembering and retaining course material.

Tuesday, January 30th
12:00-1:00pm
Facilitator: Richard Appleton

Take Great Notes!
Learn how to take good notes and use them for studying and reviewing effectively.

Tuesday, February 20th
12:00-1:00 pm
Facilitator: Bryce Walb

Do Math Word Problems!
Don’t let math problems stump you anymore! Learn useful techniques for math success.

Tuesday, February 6th
12:00-1:00 pm
Facilitator: Karine Torosyan

Prepare for Your Finals!
Develop strategies to do well on final exams and complete the quarter successfully!

Tuesday, February 27th
12:00-1:00 pm
Facilitator: Brenda Kyler

Winter 2007 Workshops
Student Academic Assistance
STUDY SKILLS

Please visit the Student Academic Assistance Office in BE 1102B1 to find out about workshop locations, or call 206-587-3852.
Winter 2007 Workshops

Student Academic Assistance
PERSONAL GROWTH

Building Blocks for Changes!
Start making the changes you want in your life happened with this workshop!

Wednesday, January 24th
12:00-1:00 pm
Facilitator: Kimberly McRae

Moving on Up: Strategies for Real Life Success!
Success isn't just about getting your education and degree. It's also about figuring out the rules and the “right” way to act. This workshop explores some of the hidden rules that exist in different social settings and how to make them work for you.

Wednesday, January 31st
12:00-1:00 pm
Facilitators: Bryce Walb

Manage Your Stress!
You can’t escape all of the stresses of life, but you can learn to relax in this workshop.

Wednesday, February 7th
12:00-1:00 pm
Facilitator: Richard Appleton

Please visit the Student Academic Assistance office in BE 1102 B1 to find out about workshop locations, or call 206-587-3852.