

University at Albany

Office of Academic Support Services

Fall 2006 Study Skills Workshops

Each one-hour workshop provides a concentrated approach to acquiring skills vital to achieving academic success. Included in each workshop will be suggestions for immediately applying the skills covered. Participants are welcomed to attend as few or as many of the sessions as they desire.

Time: 4:15pm - 5:15pm

<u>TOPIC:</u>	<u>Designated Wednesdays</u>	<u>LOCATION</u>
Time Management	September 6, 2006	BA 210
Textbook Mastery	September 13, 2006	BA 210
Plagiarism: What It Is/How Not To Do It	September 20, 2006	BA 210
Learning From Lecture	September 27, 2006	BA 210
How To Improve Your Concentration	October 4, 2006	BA 210
Overcoming Procrastination	October 11, 2006	BA 210
Memory Skills	October 18, 2006	BA 210
Multiple Choice	October 25, 2006	BA 210
Essay Exams	November 1, 2006	BA 210
Exam Preparation	November 8, 2006	BA 210
Motivating Yourself To Succeed	November 15, 2006	BA 210
Listening Skills	November 29, 2006	BA 210
Final Exam Preparation	December 6, 2006	BA 210

Time Management - Learn to structure time to improve concentration and reduce academic anxiety. Bring course syllabi!

Textbook Mastery - Learn to use reading and study techniques that increase your ability to identify and retain important textbook material. This is an excellent session for students to attend who need help in improving their Reading Comprehension skills!

Plagiarism: What It Is/How Not To Do It – Plagiarism on college campuses is a growing problem. Submitting papers, research or course assignments that are written by others is an offense that carries with it catastrophic consequences. Learn what plagiarism is, what it can look like and techniques you can use to avoid doing it.

Learning From Lecture - Increase your ability to integrate lecture notes with readings, to review effectively, and to remember course materials.

How To Improve Your Concentration - Are you having difficulty getting or staying focused? This session will help you to learn techniques that will help you remain on task.

Overcoming Procrastination - Having trouble getting to your work right away? This workshop will show you ways to “do it now!”

Memory Skills - Come and learn some helpful techniques that will enhance your ability to remember and to memorize materials more effectively

Multiple Choice - (Exam Preparation) - Improve your performance on multiple choice exams by securing helpful suggestions.

Essay Exams - Perform to your full potential. Learn some helpful techniques that will enhance your essay exam taking performance.

Exam Preparation - Learn to eliminate cramming, combat anxiety, and increase learning through efficient organization, summary, and review of course material.

Motivating Yourself To Succeed - Steps for identifying and overcoming life situations that can hamper your motivation to succeed in college will be discussed.

Listening Skills - Learning to listen effectively is an art that can be learned. Come and learn some very helpful techniques to improve your listening skills and to improve your retention ability.

Final Exam Preparation - Capitalize on what you have learned and what you have learned about learning to be a success.

*For additional information, a private consultation or a workshop arranged for a special group, call
Maritza Martinez at 442-5180.*