

UNIVERSITY AT ALBANY

ACADEMIC SUPPORT SERVICES

SPRING 2008 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 (LI97E is across from Advisement Services Center/Undergraduate Studies)

<u>TOPIC:</u>	<u>Designated Wednesdays</u>	<u>LOCATION</u>
Time Management	January 30, 2008	LI 97E
Textbook Mastery	February 6, 2008	LI 97E
Learning From Lecture	February 13, 2008	LI 97E
Plagiarism: What It Is/How To Avoid It	February 20, 2008	LI 97E
How To Improve Your Concentration	February 27, 2008	LI 97E
Memory Skills	March 5, 2008	LI 97E
Overcoming Procrastination	March 12, 2008	LI 97E
Multiple Choice Exams	March 19, 2008	LI 97E
Exam Preparation	April 2, 2008	LI 97E
Motivating Yourself To Succeed	April 9, 2008	LI 97E
Listening Skills	April 16, 2008	LI 97E
Essay Exam Strategies	April 23, 2008	LI 97E
Final Exam Preparation	April 30, 2008	LI 97E

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!

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

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.

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.

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

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

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

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

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.

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

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*