

University at Albany
Office of Academic Support Services
Fall 2009 Study Skills Workshops

Revised 09-08-09

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.

When: Wednesdays; 4:15pm - 5:15pm

<u>TOPIC:</u>	<u>Designated Wednesdays</u>	<u>LOCATION</u>
Time Management	September 2, 2009	LI 97E-EOP classroom
Textbook Mastery	September 9, 2009	BA210
Plagiarism: What It Is/How Not to Do It	September 16, 2009	LI 97E-EOP classroom
Learning From Lecture	September 23, 2009	LI 97E-EOP classroom
How To Improve Your Concentration	September 30, 2009	LI 97E-EOP classroom
Overcoming Procrastination	October 7, 2009	BA210
Memory Skills	October 14, 2009	LI 97E-EOP classroom
Multiple Choice	October 21, 2009	LI 97E-EOP classroom
Essay Exams	October 28, 2009	LI 97E-EOP classroom
Motivating Yourself to Succeed	November 4, 2009	BA210
Listening Skills	November 11, 2009	LI 97E-EOP classroom
Final Exam Preparation	November 18, 2009	LI 97E-EOP classroom

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.

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.*

