ACADEMIC SUCCESS WORKSHOP SERIES

CONYNGHAM HALL 110

Come hear practical ways to get ahead in your classes. Learn how to better manage your academic demands and become a stronger student. Join us for one or more of these interactive workshops!

Intro to Academic Success Tuesday, Sept. 7th 11-12
Provides students with tips for beginning the semester strong, describes the academic support programs and services available to students, and introduces some of the University College Staff.

Strategic Time/Task Management Tuesday, Sept. 14th 11-12
Don’t let college manage you… Take charge of your time. Learn how to organize your responsibilities to enhance your productivity. This workshop will help you examine how you spend your time and how you might be able to become more efficient in your role as a student.

Goal Setting & Motivation Tuesday, Sept. 21st 11-12
The reason why most people don’t achieve goals is because they never set them. This workshop will offer practical methods for setting and achieving your goals.

Note-taking Tuesday, Sept. 28th 11-12
Discover the secrets to successful note-taking. Come learn how to become a more effective and engaged note-taker. Different note-taking methods to improve the structure and organization of study materials as well as different study strategies to improve your grades will be discussed.

Preparing for & Taking Exams Tuesday, Oct. 5th 11-12
Do you prepare for tests only to find you completely blank out when the test is placed in front of you or that your grade did not meet your expectation? Learn tips about taking certain types of tests: multiple choice, essay, true/false, etc. Get information to make your test preparation more productive and how to better manage test-taking jitters.

Relaxation & Test Anxiety Tuesday, Oct. 12th 11-12
It is quite natural for a student to be nervous before a big exam. While research shows that some anxiety can be helpful, too much anxiety leads to a rapid decrease in thinking and an inability to focus and concentrate. Come to this session to learn strategies for how you can keep your stomach from doing flips and stay calm enough to recall all the names, dates, and other important information.

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“Success is a science; if you have the conditions, you get the result.” — Oscar Wilde