



Tutorial/Learning Center - L205
Academic Skills Workshops
Fall '09

WORKSHOP	DATE	TIME
Time Management	Tuesday, September 8	3:00pm - 4:00pm
	Wednesday, September 9	4:00pm - 5:00pm
Reading & Note-taking Skills	Tuesday, September 15	3:00pm - 4:00pm
	Wednesday, September 16	4:00pm - 5:00pm
Test Taking Techniques & Dealing with Test Anxiety	Tuesday, September 22	3:00pm - 4:00pm
	Wednesday, September 23	4:00pm - 5:00pm
Effective Communication with your Instructors	Tuesday, September 29	3:00pm - 4:00pm
	Wednesday, September 30	4:00pm - 5:00pm
Working with your Learning Styles	Tuesday, October 6	3:00pm - 4:00pm
	Wednesday, October 7	4:00pm - 5:00pm
Reading & Note-taking Skills	Tuesday, October 13	3:00pm - 4:00pm
	Wednesday, October 14	4:00pm - 5:00pm
Test Taking Techniques & Dealing with Test Anxiety	Tuesday, October 20	3:00pm - 4:00pm
	Wednesday, October 21	4:00pm - 5:00pm
Memory Techniques	Tuesday, October 27	3:00pm - 4:00pm
	Wednesday, October 28	4:00pm - 5:00pm
Test Taking Techniques & Dealing with Test Anxiety	Tuesday, November 3	3:00pm - 4:00pm
	Wednesday, November 4	4:00pm - 5:00pm
Memory Techniques	Tuesday, November 10	3:00pm - 4:00pm
	Wednesday, November 11	4:00pm - 5:00pm
Stress Management	Tuesday, November 17	3:00pm - 4:00pm
	Wednesday, November 18	4:00pm - 5:00pm

Presented by: Adela Powers, M.A.

For more information, please call (619) 388-3685