Time Management – Monday, September 12th from 2:30pm – 3:30pm in SAC 306
You will learn different ways to manage your time. We will start with how to manage a day-to-day calendar of events combined with work hours, study hours, and classes. We will then discuss how to manage time while studying in order to have the most efficient session and get the most work done.

Goals and Motivation – Monday, September 19th from 2:30pm – 3:30pm in SAC 306
We will explore the concept of motivation, and how intrinsic and extrinsic factors can influence your mindset. You will learn how to create S.M.A.R.T. goals and will work on creating your own realistic and tangible goal for the semester.

Mindset – Monday, September 26th from 2:30pm – 3:30pm in SAC 306
Participants will engage in a discussion about their current mindset regarding school and academics. We will talk about the differences between a fixed and a growth mindset, and what these terms mean. We will then complete activities that demonstrate how to change your mindset. These activities include using positive affirmations in your daily life.

Note Taking – Monday, October 3rd from 2:30pm – 3:30pm in SAC 306
We will review several different note taking strategies that you can use while attending classroom lectures. We will explore how to determine what is most important when writing notes in class, and we will discuss how perception can affect what you retain during lecture.

Reading Comprehension – Monday, October 10th from 2:30pm – 3:30pm in SAC 306
To address the large amount of reading that is required in college, we will discuss retention strategies to help you remember what you read when completing homework. We will go through activities that involve organizing assignments and distinguishing between analysis and summary when completing reading assignments.

Mid-Semester Checkup – Monday, October 17th from 2:30pm – 3:30pm in SAC 306
This checkup will explore small pieces of each of the workshops topics presented up to this point in the semester. Participants will share the tips and techniques that they are finding helpful in their studies as well as the areas in which they still wish to improve.

Study Skills – Monday, October 24th from 2:30pm – 3:30pm in SAC 306
You will take a short quiz to determine whether you would like your study habits to be visual, auditory, kinesthetic, or a blend of all three. We will then move forward by presenting a variety of study and test taking tips that are tailored to fit different learning style preferences.

Concentration and Creating an Effective Study Space – Monday, October 31st from 2:30pm – 3:30pm in SAC 306
As final exams approach, it is important to reflect on where you study and how that can affect your concentration level. We will consider the different levels of participation and what a good study session looks like. We will then discuss a variety of on and off campus places to study as well as a list of pros and cons of each location to help you determine what might work best for you.

Managing Test Anxiety – Monday, November 7th from 2:30pm – 3:30pm in SAC 306
Test anxiety is something that affects many students. It is important to understand how it works and how you can overcome it. You will learn about the physical and mental effects of test anxiety and general stress, and will explore ways to manage this stress by identifying thinking traps and practicing mental exercises that you can do before, during, and after an exam.

Test Taking – Monday, November 14th from 2:30pm – 3:30pm in SAC 306
There are many things that you can do to prepare for a test aside from studying. We will talk about the different approaches you can take when preparing for and taking a test, including things you should do in the weeks, days, and hours leading up to an exam. We will also look at different types of test questions and how to approach them.

Prepping for Finals – Monday, November 21st from 2:30pm – 3:30pm in SAC 306
In the last workshop of the semester, we will work on a comprehensive outline of how to prepare for your final exams. Together, we will create a success guide that includes goal setting, time management, and study preparation. This workshop incorporates a variety of the topics we discussed in the previous workshops.

For more information and to register, visit: www.stonybrook.edu/tutoring