**Spring 2019 Academic Success Workshops**

**Effective Note Taking**

February 8 at 3:00pm

March 11 at 2:00pm

April 3 at 3:00pm

**Exploring Your Learning Styles—Tips on How to Study More Effectively**

February 1 at 2:00pm

March 11 at 3:00pm

April 17 at 9:00pm

**Strategies for Improving Memory**

February 6 at 9:00am

March 13 at 3:00pm

April 5 at 1:00pm

May 1 at 4:00pm

**Time Management & Avoiding Procrastination**

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| February 1 at 2:00pm  February 27 at 4:00pm  March 19 at 2:00pm  April 8 at 3:00pm  May 1 at 9:00am |  |

**Academic Goal Setting**

February 11 at 4:00pm

March 14 at 9:00am

April 12 at 1:00pm

**Test Taking Tips**

February 11 at 2:00pm

March 27 at 3:00pm

April 16 at 9:00am

May 1 at 1:00pm

**Test Preparation Techniques**

February 18 at 3:0pm

March 14 at 4:00pm

April 15 at 2:00pm

May 1 at 2:00pm

**Avoiding Test Stress and Anxiety**

February 8 at 2:00pm

March 12 at 9:00am

April 10 at 4:00pm

May 1 at 3:00pm

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**The Study**

**Jenkins Hall, 3rd Floor**

[**www.loyola.edu/thestudy**](http://www.loyola.edu/thestudy)

**Space is limited, so please RSVP to Molly Fredette at** [**mfredette@loyola.edu**](mailto:mfredette@loyola.edu) **or call at 410-617-2623. You may also register online at** [**www.loyola.edu/thestudy**](http://www.loyola.edu/thestudy)**.**

**All workshops will be held at The Study, Jenkins Hall 3rd floor.**

**Workshop days and times can change, so please check The Study’s website for updates.**

**If you cannot attend a scheduled workshop, please contact Molly Fredette to set up a 1-on-1 appointment.**