PERSONALIZED ACADEMIC LEARNING SKILLS PROGRAM

STUDY SKILLS WORKSHOP
SPRING 2022

Workshop Link:
https://msjc-edu.zoom.us/j/92549291622
12:00pm-12:40pm

TOPICS AND SCHEDULE

• Preparing for a Successful Semester-1/25
• Managing Your Time Wisely-2/8
• Overcoming Test Anxiety-2/22
• Building Up Your Notes-3/8
• Study Smarter not Harder-3/22
• Stress and Wellness-4/5
• Focus and Concentration-4/19
• Training Your Brain-5/3

Study skills workshops are designed to improve your learning skills and help you achieve your academic goals.

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