

Study Skills Workshops

FALL 2025

Wednesdays: 12:00pm-12:40pm

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

**REGISTER
HERE**



August 27th (Online): Learn How You Learn and Understand Your Learning Style/Time Management

Learn how you take in and process information best.

September 10th (SJC 300 building): Help is Here: Finding Your Academic Support Squad

Getting the Most Out of Tutoring and Campus Resources.

September 24th (Online): Goals that Stick

Set realistic academic goals and explore what keeps you motivated to stay on track throughout the semester.

October 8th (Online): Study Space, Study Power

Creating a Study Environment that Works for You.

October 22nd (MVC 800 building): Test-Taking Strategies for Success

Using Practical Tools to Boost Exam Performance.

November 5th (Online): Fuel Your Brain

Health & Learning: The Role of Exercise and Nutrition.

November 19th (Online): Speak Up, Level Up

Advocating for Yourself in the Classroom.

December 3rd (Online): Breathe, Focus, Repeat

Stress Management & Mindfulness Techniques

Need a disability-related accommodation to attend an event?
Call (951) 487-3305 or email ada@msjc.edu at least five days prior to the event.

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Personalized Academic Learning Skills (PALS)