

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.

CONTACT US

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