**Focus and Concentration**
Explore ways to increase focus and concentration, including strategies to help you stay on task. You will have a chance to reflect on your common distractions and problem solve.

**Maximizing Lecture**
Let’s analyze the role of lecture—expectations, challenges, and opportunities—in our learning. We will discuss strategies to use prior to, during, and after lecture.

**Strategies for Test Taking**
How can I become a better test taker? How can I better manage test-induced anxiety? We will cover techniques for multiple exam formats (multiple choice, short answer, etc.).

**Study Smarter, Not Harder**
How do you know what you know? How do you prepare for exams? Let’s discuss strategies that can help make study sessions more effective and efficient.

**Task Management**
Having trouble juggling competing responsibilities and tasks? Let’s discuss how to strike a better balance through prioritization and to-do lists.

**Success Coaching Appointments**
Can’t make a workshop or want one-on-one support? Meet with a success coach to discuss any of the workshop topics listed. We support academic, personal, and professional goals, including time management, productivity, and learning strategies. Visit our website, or call to sign up for an appointment.