SUCCESS COACHING AND LEARNING STRATEGIES

Please visit the link below for the online workshops.

- [ ] https://zoom.us/my/oeeesworkshops
- [ ] Personal Meeting ID: 530-752-4475

In-Person Workshops: South Hall 114

- Tues 6/21 1:10 PM
  - Fri 7/8 1:10 PM
  - Tues 7/19 11:00 AM
  - Thurs 8/4 3:10 PM
  - Fri 8/19 11:00 AM
  - Tues 8/23 11:00 AM
- Fri 6/24 2:10 PM
  - Wed 7/6 2:10 PM
  - Mon 8/15 2:10 PM
  - Thurs 8/25 2:10 PM
- Mon 6/27 2:10 PM
  - Wed 7/20 2:10 PM
  - Thurs 8/11 1:10 PM
  - Wed 8/31 3:10 PM
  - Thurs 9/8 11:00 AM
- Tues 6/28 3:10 PM
  - Tues 8/2 12:10 PM
  - Tues 8/2 12:10 PM
- Thurs 6/30 12:10 PM
  - Tues 7/5 12:10 PM
  - Fri 7/22 12:10 PM
  - Wed 8/10 2:10 PM
  - Wed 9/7 1:10 PM

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.

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.).

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 to sign up for an appointment, or call or visit 117 South Hall.