

# STUDY SKILLS

Manage time. Study smarter. Achieve goals.

## WINTER 2018

### WORKSHOP SCHEDULE

The Student Academic Success Center offers Study Skills workshops every quarter for UC Davis students in **114 South Hall**. Sign-ups are not required.

For further support beyond our workshops, please visit our website at [studyskills.ucdavis.edu](http://studyskills.ucdavis.edu) to sign up for an advising appointment.

#### Time Management Workshops

TIME MANAGEMENT STRATEGIES		
Come explore essential time management strategies that can help you accomplish tasks and stay organized within the fast pace of the quarter system.		
Friday	January 12	2:10-3:00
Wednesday	January 17	4:10-5:00
Monday	January 22	3:10-4:00
Tuesday	January 23	1:10-2:00

OVERCOMING PROCRASTINATION		
This workshop can help you identify and address your own procrastination behaviors, and will present strategies and skills that can help you avoid procrastination in the future.		
Thursday	January 25	4:10-5:00
Monday	February 5	11:00-11:50
Tuesday	February 13	3:10-4:00
Thursday	March 1	11:00-11:50

ACHIEVING YOUR GOALS		
This workshop talks about key elements of successful goal setting, and strategies and apps to help you reach the goals you have defined.		
Monday	January 29	4:10-5:00
Wednesday	February 21	3:10-4:00
Thursday	February 22	11:00-11:50

## Success Workshops

### SUCCESS STRATEGIES

This workshop provides information, resources and strategies for holistic success at UC Davis, including academic and personal wellness.

Thursday	January 11	11:00-11:50
Tuesday	January 16	3:10-4:00

### DEVELOPING YOUR ACADEMIC MOTIVATION

Students with a growth mindset are in charge of their own academic and personal success. This workshop teaches how to develop a growth mindset in order to maximize educational opportunities and improve your academic outcomes.

Wednesday	January 31	11:00-11:50
Thursday	February 1	3:10-4:00

## Study Skills Workshops

### ACTIVE READING

Wait, what did I just read? Come learn techniques to productively and effectively complete class readings, with a focus on meaning retention.

Thursday	January 18	2:10-3:00
Thursday	February 8	12:10-1:00
Monday	March 5	11:00-11:50

### NOTE TAKING

Pen and paper or laptop? This workshop covers various methods of note taking, along with practical tips on what to do before, during, and after the lecture.

Monday	February 12	1:10-2:00
Thursday	February 15	2:10-3:00
Tuesday	February 20	1:10-2:00
Friday	March 2	2:10-3:00

### TEST TAKING

This workshop addresses how to best study for and take tests. Strategies for before, during, and after the exam will be discussed, including techniques to manage test anxiety.

Wednesday	January 10	3:10-4:00
Tuesday	February 6	2:10-3:00
Wednesday	February 28	1:10-2:00
Tuesday	March 6	3:10-4:00