

# STUDY SKILLS

Manage time. Study smarter. Achieve goals.

## Spring 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.

Wednesday	April 4	2:10-3:00 p.m.
Tuesday	April 10	2:10-3:00 p.m.
Wednesday	April 18	3:10-4:00 p.m.
Friday	May 18	1:10-2:00 p.m.

#### 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	April 5	3:10-4:00 p.m.
Monday	May 7	2:10-3:00 p.m.
Wednesday	May 23	11:00-11:50 a.m.
Thursday	May 31	1:10-2:00 p.m.

#### 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.

Friday	April 27	1:10-2:00 p.m.
Tuesday	May 1	11:00-11:50 a.m.
Wednesday	May 30	3:10-4:00 p.m.

**UC DAVIS**

STUDENT ACADEMIC  
SUCCESS CENTER

Advising and Retention Services  
117 South Hall | 530-752-4475 | [studyskills.ucdavis.edu](http://studyskills.ucdavis.edu)

# Success Workshops

## COACH YOURSELF TO SUCCESS

Attend this workshop with one of our success coaches to explore possibilities of how to bridge the gap between where you are and where you want to be.

Thursday	May 24	3:10-4:00 p.m.
Wednesday	June 6	1:10-2:00 p.m.

## COMMUNICATING WITH PROFESSORS

What are best practices for communicating and building relationships with professors? We will discuss e-mail, office hours, and mentorship.

Wednesday	May 2	3:10-4:00 p.m.
Tuesday	May 29	11:00-11:50 a.m.

## 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.

Friday	April 13	2:10-3:00 p.m.
Tuesday	June 5	4:10-5:00 p.m.

## FOUNDATIONS OF FINANCIAL READINESS

What is your money story? Learn the basics of money management and design a spending plan. We also cover resources for reducing and monitoring expenses.

Tuesday	April 3	3:10-4:00 p.m.
Tuesday	April 24	2:10-3:00 p.m.
Thursday	May 17	2:10-3:00 p.m.

# 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.

Monday	April 9	3:10-4:00 p.m.
Thursday	May 10	1:10 - 2:00 p.m.

## DESIGNING AND DELIVERING PRESENTATIONS

Presentations skills are useful in and outside the classroom. Come learn techniques for creating an effective presentation, as well as best practices for public speaking.

Thursday	April 19	1:10 - 2:00 p.m.
Wednesday	May 16	2:10- 3:00 p.m.

## 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.

Wednesday	April 11	11:00-11:50 a.m.
Wednesday	April 25	3:10-4:00 p.m.
Monday	April 30	4:10-5:00 p.m.
Tuesday	May 15	3:10-4:00 p.m.

## 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.

Tuesday	April 17	11:00-11:50 a.m.
Wednesday	May 9	4:10-5:00 p.m.
Monday	May 21	1:10-2:00 p.m.
Thursday	June 7	11:00-11:50 a.m.