

# STUDY SKILLS

Manage time. Study smarter. Achieve goals.

## SPRING 2017

### 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.		
Tuesday	April 11	3:10-4:00 p.m.
Wednesday	May 17	4:10-5:00 p.m.
Tuesday	May 30	4:10-5:00 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.		
Monday	April 24	3:10-4:00 p.m.
Wednesday	May 10	4:10-5:00 p.m.
Thursday	May 25	3:10-4:00 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.		
Monday	April 17	3:10-4:00 p.m.
Thursday	May 4	3:10-4:00 p.m.
Tuesday	May 23	4:10-5:00 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

### SUCCESS STRATEGIES

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

Wednesday	April 19	4:10-5:00 p.m.
Monday	May 8	4:10-5:00 p.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.

Monday	May 1	3:10-4:00 p.m.
Thursday	May 18	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.

Tuesday	April 25	3:10-4:00 p.m.
Monday	May 15	3:10-4:00 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.

Tuesday	April 18	2:10-3:00 p.m.
Wednesday	April 26	4:10-5:00 p.m.
Monday	May 22	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.

Wednesday	April 12	4:10-5:00 p.m.
Tuesday	May 9	3:10-4:00 p.m.
Thursday	June 1	2:10-3:00 p.m.