

# STUDY SKILLS

Manage time. Study smarter. Achieve goals.

## FALL 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.		
Thursday	September 28	1:10-2:00 p.m.
Thursday	October 5	4:10-5:00 p.m.
Monday	October 16	2:10-3:00 p.m.
Wednesday	November 15	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	October 2	3:10-4:00 p.m.
Thursday	October 19	4:10-5:00 p.m.
Tuesday	November 7	4:10-5:00 p.m.
Wednesday	November 29	4:10-5:00 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.		
Thursday	October 12	2:10-3:00 p.m.
Monday	October 30	3:10-4:00 p.m.
Monday	November 20	3:10-4:00 p.m.

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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.

Friday	October 6	2:10-3:00 p.m.
Monday	November 27	3:10-4:00 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.

Friday	October 27	2:10-3:00 p.m.
Monday	November 13	3:10-4:00 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.

Friday	September 29	2:10-3:00 p.m.
Tuesday	October 17	4:10-5:00 p.m.
Wednesday	November 1	4:10-5:00 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.

Thursday	September 28	4:10-5:00 p.m.
Monday	October 9	3:10-4:00 p.m.
Wednesday	October 25	4:10-5:00 p.m.
Tuesday	October 31	4:10-5:00 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	October 11	4:10-5:00 p.m.
Monday	October 23	3:10-4:00 p.m.
Thursday	November 9	4:10-5:00 p.m.
Tuesday	November 28	4:10-5:00 p.m.

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