

Julia N. Visor Academic Center
Study Skills Workshop Schedule – Spring 2009

Day	Date	Workshop	Time	Location
Tues	Jan 27	Money Management	3 p.m.	VRO 108
Tues	Jan 27	Time Management	4 p.m.	VRO 108
Tues	Jan 27	Rusty Study Skills	5 p.m.	VRO 108
Wed	Jan 28	Textbook Reading Strategies	3 p.m.	VRO 108
Wed	Jan 28	Taking and Using Notes Effectively	4 p.m.	VRO 108
Tues	Feb 3	Choosing a Healthy Lifestyle	3 p.m.	VRO 108
Tues	Feb 3	Taking and Using Notes Effectively	4 p.m.	VRO 108
Wed	Feb 4	Study Tools and Test Taking	3 p.m.	VRO 108
Wed	Feb 4	Stress Management	4 p.m.	VRO 108
Tues	Feb 10	Textbook Reading Strategies	3 p.m.	VRO 108
Tues	Feb 10	Find Your Major	4 p.m.	VRO 108
Wed	Feb 11	Time Management	3 p.m.	VRO 108
Wed	Feb 11	Study Tools and Test Taking	4 p.m.	VRO 108
Tues	Feb 17	Stress Management	3 p.m.	VRO 108
Tues	Feb 17	Learning Styles	4 p.m.	VRO 108
Wed	Feb 18	Taking and Using Notes Effectively	3 p.m.	VRO 108
Wed	Feb 18	Textbook Reading Strategies	4 p.m.	VRO 108
Tues	Feb 24	Study Tools and Test Taking	3 p.m.	VRO 108
Tues	Feb 24	Time Management	4 p.m.	VRO 108
Wed	Feb 25	Money Management	3 p.m.	VRO 108
Wed	Feb 25	Taking and Using Notes Effectively	4 p.m.	VRO 108
Tues	Mar 3	Choosing a Healthy Lifestyle	3 p.m.	VRO 108
Tues	Mar 3	Textbook Reading Strategies	4 p.m.	VRO 108
Wed	Mar 4	Taking and Using Notes Effectively	3 p.m.	VRO 108
Wed	Mar 4	Find Your Major	4 p.m.	VRO 108
Tues	Mar 17	Time Management	3 p.m.	VRO 108
Tues	Mar 17	Taking and Using Notes Effectively	4 p.m.	VRO 108
Wed	Mar 18	Stress Management	3 p.m.	VRO 108
Wed	Mar 18	Learning Styles	4 p.m.	VRO 108
Tues	Mar 24	Textbook Reading Strategies	3 p.m.	VRO 108
Tues	Mar 24	Taking and Using Notes Effectively	4 p.m.	VRO 108
Wed	Mar 25	Stress Management	3 p.m.	VRO 108
Wed	Mar 25	Study Tools and Test Taking	4 p.m.	VRO 108
Tues	Mar 31	Time Management	3 p.m.	VRO 108
Tues	Mar 31	Study Tools and Test Taking	4 p.m.	VRO 108
Wed	Apr 1	Money Management	3 p.m.	VRO 108
Wed	Apr 1	Textbook Reading Strategies	4 p.m.	VRO 108
Tues	Apr 7	Study Tools and Test Taking	3 p.m.	VRO 108
Tues	Apr 7	Textbook Reading Strategies	4 p.m.	VRO 108
Wed	Apr 8	Time Management	3 p.m.	VRO 108
Wed	Apr 8	Stress Management	4 p.m.	VRO 108
Tues	Apr 14	Study Tools and Test Taking	3 p.m.	VRO 108
Wed	Apr 15	Time Management	4 p.m.	VRO 108
Tue	Apr 21	Preparing for Finals	3 p.m.	VRO 108
Tue	Apr 21	Preparing for Finals	4 p.m.	VRO 108
Wed	Apr 22	Preparing for Finals	3 p.m.	VRO 108
Wed	Apr 22	Preparing for Finals	4 p.m.	VRO 108

- You must register for these free workshops to guarantee a seat
- Call (309) 438-7100, come to the Julia N. Visor Academic Center, or register online at www.ucollege.ilstu.edu/tutoring/workshops
- We are open Mon-Thurs 8:00 a.m.-9:00 p.m., Fri 8:00 a.m.-4:30 p.m., and Sunday 4:00-8:00 p.m.
- *If you need a special accommodation to participate, please call (309) 438-7100*

Julia N. Visor Academic Center Workshop Descriptions – Spring 2009

Choosing a Healthy Lifestyle

With all that studying, who has time to be healthy? This workshop will introduce you to the choices you can make to have more energy, feel better, and improve your physical, environmental, social, and mental well-being. (Prepared and presented by Student Health Services)

Find Your Major

Attend an information session and get one step closer to finding your major! Find out where to go for help with academic advisement, major exploration, and career choices. Discover major and career resources you might not know are available and talk with the people who can help you find a major that fits your personality! (Prepared and presented by Student Counseling Services, Career Center, and University College)

Learning Styles

People process information differently depending on their learning style. Some are auditory learners, some are visual learners, and some are kinesthetic/tactile learners. Which one are you? This workshop will help you to identify which learning style you are, and give you suggestions for study techniques that correspond with how you learn best.

Money Management

This workshop is a common sense approach to money management including a look at credit, credit cards, budgeting, and auto loans. (Prepared and presented by the ISU Financial Aid Office)

Preparing for Finals

It's almost over! You need one last effort to get through final exams. This workshop reviews how to make the most of your study tools, such as practice tests and study guides, as well as how to improve your overall study skills and develop a successful studying strategy for final exams.

Rusty Study Skills

Has it been awhile since you have studied? Could you use a refresher course on the ins and outs of college study skills? If so, this workshop is for you. The Rusty Study Skills workshop will provide you with tips on time management, note taking, textbook reading, study tools, and test taking that are tailored to the specific needs of the student who has been away from the classroom for awhile.

Stress Management

The palms of your hands are perspiring, and your stomach feels knotted. Your mouth is dry, and you have difficulty swallowing. Your heart is pounding. These are just some of the ways your body tells you that you are experiencing STRESS! This session will help you identify the types and degrees of stress you are experiencing along with tips, suggestions, and strategies for managing stress. (Prepared and presented in collaboration with Student Counseling Services)

Study Tools and Test Taking

As you have noticed, college is filled with exams that not only test your knowledge of the subject, but also test your test-taking skills. This workshop is designed to provide strategies for a variety of tests, such as multiple choice, essay, true/false, and short answer. Techniques for reducing test anxiety are also discussed. You will leave the session with information on the skills every test taker should know.

Taking and Using Notes Effectively

Did you know that research on memory shows that average college students forget half of what they heard about 20 minutes after a lecture? Based on that, how much will you remember after three or four weeks of class when you begin to prepare for an exam? This workshop will provide examples of note taking systems, how to organize notes, what constitutes good notes, and general suggestions to improve your success in the lecture hall.

Textbook Reading Strategies

Have you ever had a professor test you on assigned readings but they were never covered in class? Being able to effectively read a textbook is a necessary tool for success as a college student. This workshop will explore five strategies for reading as well as take you through steps when reading a textbook. Also discussed are myths commonly associated with reading. Ready? Set? Go!

Time Management

Have you ever suddenly realized that you have a major exam in two days or that your five-page research paper is due at 8:00 the next morning? As you have probably already discovered, organizing and managing time is an essential element to success. This workshop will give you an opportunity to evaluate your current time usage and discover how to manage your time, prioritize your activities, and create an action plan to attain your goals.