

Office of Student Support Student Mentoring Unit

Fall 2014 Workshops

Academic Skill-Enhancement Workshops

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| Sep 17 | Learn Effective Study Habits |
| Sep 24 | Effective In-Class Notes and Active Reading |
| Oct 1 | Manage Your Time and Self Effectively |
| Oct 15 | How to Make Test Taking Easy: Managing Test Anxiety |
| Oct 22 | Public Speaking: Preparing and Delivering Speeches; Overcoming Performance Anxiety |
| Oct 29 | Motivation and Overcoming Procrastination |
| Nov 5 | Teamwork: How to Work Together Effectively |

Emotional Intelligence and Student Wellness Workshops (in coordination with the Student Counseling Center)

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| Nov 12 | Stress Management |
| Nov 19 | Adopting Lifelong Learning |
| Nov 26 | Be Assertive: Express Yourself in Social Interactions |
| Dec 3 | Are You Emotionally Intelligent? An Introduction to EQ |

Spring 2015 Workshops

Academic Skill-Enhancement Workshops

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| Feb 11 | Self-Management: Using Time Effectively |
| Feb 18 | Improve Your Concentration and Memory |
| Feb 25 | Learn Effective Study Habits |
| Mar 4 | How to Make Test Taking Easy: Managing Test Anxiety |
| Mar 11 | Improving Reading Comprehension |
| Mar 18 | Avoid Putting Things Off: Be Motivated |
| Mar 25 | Public Speaking: Preparing and Delivering Speeches, Overcoming Performance Anxiety |
| Apr 1 | Discover Your Learning Styles |

Emotional Intelligence and Student Wellness Workshops (in coordination with the Student Counseling Center)

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| Apr 22 | Manage Your Stress |
| Apr 29 | Accepting Personal Responsibility |
| May 6 | Developing Positive Self-Esteem |

Other workshops are available upon request for individuals or departments, including the following topics:

- Are You on a Course to Success?
- Developing Supportive Relationships and Healthy Listening
- Be a Successful Student: Do You Have the Right Attitude?
- Employing Interdependence
- Discovering Self-Motivation

All workshops will be held in Abdul Latif Jameel Hall, room CP02 (Alcatel-Lucent Room), from 1 to 2 pm.