

# Student Success Workshop Descriptions

All workshops presented by Learning Café staff, unless otherwise noted.

## **Studying Effectively**

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**Improving Memory:** Can't seem to remember essential information? Ever blamed a bad test result on your bad memory? Learn how the brain remembers, the principles of learning, & strategies for building memory for long term recall.

**Reading Strategies:** When reading texts and other course resources, does your mind wander or do you feel lost? Perhaps you get far behind in your reading. Discover effective techniques for reading & learning from your textbook and other resources. Bring your textbook or course reading.

**Studying Effectively:** How can you make the best use of the study time you have? Become a better student by using practical, active learning strategies.

## **Test Taking**

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**Managing Test Anxiety:** Some test anxiety is normal, but too much is unhealthy & counterproductive. What strategies could you be using to manage those anxieties?

**Preparing for Finals:** Final exams can be overwhelming. Learn how to create & execute a plan to cover all the necessary material for your exams using active study strategies.

**Tackling Multiple Choice Tests:** Multiple choice tests can be challenging, but there are ways to achieve better results on these exams. We will show you an effective process for tackling multiple choice questions.

**Test Taking Strategies:** It's test time, and you need to show what you know! Find out about the strategies successful students use before, during, and after their exams.

## **Academic & Professional Skills**

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**Addressing Academic Stress:** Students experience stress related to workload, test anxiety, and more. Find out why moderate stress can be good for you and some coping strategies for when it becomes too much.

**Conquering Procrastination:** Do you constantly put things off until tomorrow? Procrastination can be a significant issue that interferes with your ability to reach your potential, both personally & academically. Learn strategies to overcome this self-defeating habit.

**Managing Your Time:** There are only so many hours in a day. Come and find out how to make the best use of the time you have.

## **Research and Writing**

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**APA Basics:** What is APA? Why do I need to use it? How do I use it? Learn the basic concepts & methods behind APA documentation in written assignments.

**Avoiding Plagiarism:** The word plagiarism, aside from being hard to spell, can also make people feel anxious. Do not get caught using last-minute shortcuts to finish an assignment on time. Learn how to plan out the timing of your writing assignments and write from sources with integrity.

**From Paraphrasing to Powerphrasing:** Are you ever reminded to "say it in your own words?" Would you like to learn how to do this better? Paraphrasing is more than restating what you read; it is a communication tool. Learn how to turn your paraphrasing into something powerful in your writing.

**Research Ready: A "How-to":** (presented by Buchanan Library staff) Learn how to find good resources for research assignments.

**Writing Thesis Statements:** The thesis statement should be the focus of your paper. All the content should relate to and support your thesis, but different papers, instructors, and courses may have different expectations for thesis statements. Learn how to navigate those different expectations.

**Writing Better Research Papers:** Writing a research paper is a process that involves many steps. Learn how to write better papers by using that process effectively.