Critical Reading/Note-Taking Skills: Read and take notes effectively with a focus on information retention. (8/28; 10/3; 10/27)

Habits of a Successful Student: What does it take to be a successful College student? We'll guide you! (8/29; 10/23)

Defining Your Goals: Defining your goals will help you to stay motivated, avoid distractions, and succeed. (9/1; 9/4; 10/31)

Time Management: Explore strategies that can help you to prioritize and accomplish tasks, build a planner, and more! (9/5; 10/2; 11/3)

Exploring Your Learning Style: Discover your strengths and how to use them to your advantage. (9/8; 10/24; 10/30)

Test Taking Strategies: Tips for tackling those exams and overcoming test anxiety. (9/11; 10/6; 11/6; 11/14)

Preparing for Exams: Whether you have an upcoming exam, paper, or project, we'll help you to plan and create a schedule. (9/12; 9/18; 10/10; 11/6; 11/14)

Improving Your Memory: Learn how the brain works, and how we can make it work to our benefit when studying. (9/15; 10/9; 11/7)

Stress Management: We're here for you when it comes to stress, with strategies to help you get through it! (9/19; 11/17; 11/27)