

“Seeds of Success”

**Thursday October 1, 2015 6pm-7:30pm or
Tuesday November 17, 2015 6pm-7:30pm
Building 8 Room 100**

If you sometimes feel overwhelmed by the demands of college life, you are encouraged to attend the **“Seeds of Success”** workshop at Monroe Community College. This free of charge workshop, presented by the Counseling Center, provides information designed to help you develop skills and techniques to improve study habits, reduce test anxiety, and to enhance overall academic performance. In this workshop you will learn about:

- 1. Common problems affecting academic performance**
- 2. Classroom strategies- getting the most out of your classroom experience**
- 3. Effective note taking strategies**
- 4. Time management- balancing the complexities of school, work, social, and family life**
- 5. Study skills- effective study habits and skills**
- 6. Test anxiety-how to reduce your fear of tests**
- 7. Test taking skills- learning how to more effectively take tests**
- 8. Setting academic goals**

Every semester opportunities are available for you to attend the **“Seeds of Success”** workshop. This fall the workshop will be offered on **Thursday, October 1, from 6pm- 7:30pm or Tuesday, November 17 from 6pm-7:30pm in building 8 room 100, Brighton Campus.**

No prior registration is necessary; just bring yourself, materials for taking notes, and a willingness to explore ways to get more out of your academic experience. Please direct any questions to Mark Basinski, 292-2250, in the Counseling Center (mbasinski@monroecc.edu).