

A close-up photograph of a person's hands, wearing a blue denim shirt, cupping a small amount of dark brown soil. A single, young green seedling with two leaves is growing out of the soil. The background is a blurred blue denim fabric.

As a student you may sometimes feel overwhelmed by the demands of college life. If so, you are encouraged to attend the **Seeds of Success** workshop at Monroe Community College. This free of charge workshop, presented by the Counseling and Advising Office, 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:

- Common problems affecting academic performance
- Classroom strategies- getting the most out of your classroom experience
- Study skills- effective study habits and skills
- Effective note taking strategies
- Time management- balancing the complexities of school, work, social, and family life
- Test anxiety-how to reduce your fear of tests
- Test taking skills- learning how to more effectively take tests

Seeds of Success

Saturday March 5, 11:00 am-12:30 pm in

Building 8 Room 100

Thursday March 10, 7:00 pm to 8:30 pm

Building 8 Room 100

For more information contact Mark Basinski in the Counseling and Advising Center 585-292-2253
or mbasinski@monroecc.edu