MSIC Mt. San Jacinto College

## Study Skills Workshop Fall 2021 RESENTED 81

Learning Skills Program

Zoom Meeting Link: https://msjc-edu.zoom.us/s/98672171187 12:00pm- 12:50pm

## Workshop Topics and Schedule

- Preparing for a Successful Semester 8/24 & 9/01
- Manage your Time Wisely 9/07 & 9/15
- Test Anxiety 9/21 ど 9/29
- Building up your Notes
  10/05 & 10/13
- Study Smarter not Longer 10/19 & 10/27
- Stress and Wellness
  11/02 & 11/10
- Focus and Concentration
  11/16 & 11/24
- Training your Brain
  11/30 & 12/08

Study Skills Workshops are designed to improve your learning skills and help you achieve your academic goals



Contact Us Lota Cobb- lcobb@msjc.edu - (951) 639-5491 Erika Martin-emartin@msjc.edu- (951)487-3491 Larina Rosas-larosas@msjc.edu Ray Shaw- rshaw@msjc.edu- (951) 639- 5485