

Study Skills Strategies

Description: This seminar can help you become a more successful student. Polishing your study skills can diminish your anxiety and increase your confidence. This seminar will outline the basics of understanding and retaining information in the classroom and from textbooks.

What you will learn:

- ♦ Note-taking techniques
- ♦ Exam strategies
- ♦ Memory enhancing techniques
- ♦ Reading, writing, math techniques

Textbooks/materials: Study Skills Strategies (Lengefeld)

Michigan Works
Service Center
Locations/Times:

PH MC CT R

1st and 3rd Thursday of the month
9:00 a.m. to 11:00 a.m.

or

2nd and 4th Thursday of the month
1:00 p.m. to 3:00 p.m.

Code: TR5 (PH)
Code: TR6 (MC)
Code: TR7 (CT)
Code: TR8 (R)

Register today in person, by phone, by fax!