



Academic Discussion Sessions Spring 2009

DATE	TIME	TOPIC	LOCATION
Thursday Feb 12	4-5	Goal Setting So many assignments, too little time. How do I get organized? Now is the time to set SMART goals. Planners	Harrison Hall 212
Wednesday Feb 18	4-5	Reflection and Major Exploration It is time for me to declare a major. Where do I begin? What resources are available? Why not let the Academic Resource Center and the Career Center assist you with your career/course exploration. Facilitators are Ken Kirkpatrick, Kelly Hall, and Tom Cath	Harrison Hall 212
Thursday Feb 26	4-5	LASSI Need support with improving your learning strategies? LASSI can help. During this session, you will complete a brief Learning and Study Strategies Inventory that will diagnosis your studying techniques, studying attitudes, and provide helpful information to determine what effective educational interventions are best suited for your learning style.	Julian 108
Monday March 9	4-5	Test taking Strategies I study all night. So, why do I go blank during the test? Maybe, it's your test taking strategies. Come explore various test taking techniques that may help you achieve your academic goals.	Julian 147
Thursday March 12	4-5	Note Taking Strategies Help! I can't read my own handwriting! Note taking is more than just a collection of information. Effective note taking can improve academic performance. There are many note-taking methods and this session will help you identify which note taking method works best for you.	Julian 147
Thursday March 19	4:30 – 5:30	Writing Techniques Cut through the frustration of the college writing process. Stop trying to "wing it," and learn an effective way to develop your topic, organize your thoughts, and draft an outline. Helpful strategies from Professor Sununu.	Peeler Auditorium
Wednesday April 8	4-5	Time Management <ul style="list-style-type: none"> • Identify how to overcome time wasters • Daily activity schedule 	Harrison Hall 212
Wednesday April 15	4-5	Lost in Translation. How to communicate with Professors Not sure what to say, or when to say it? If speaking with your professors is what stands between you and the possibility of a BETTER grade, then come learn the basics of how to communicate effectively with your professors.	Harrison Hall 212

Tuesday April 21	4-5	Stress Management We all experience moments of stress that can cause undue burden on our daily lives. Learn how to enrich your life through relaxation, refocusing, and rejuvenation.	Julian 135
Thursday April 30	4-5	Preparing for Next Semester during Summer Break Okay, so things didn't go as well as you had planned or hoped. ARE YOU READY to make necessary changes? Now is the time to reflect on what went well, what did not work and how to get back on track.	Harrison Hall 212