



Student Academic Assistance Presents:

STUDY SKILLS WORKSHOPS

January
February
March

01•17

Take Great Notes

Taking great notes involves more than just writing down words. Learn more about note-taking including tools, techniques and the benefits and drawbacks of various styles of note taking.

Facilitator: Bryce Walb

12-1pm • Rm 1102A

01•24

Strategies For Math Test Anxiety

Dealing with math anxiety? In this workshop you'll learn ways to tackle math stress proactively by using simple steps and techniques.

Facilitator: Kali Kuwada

12-1pm • Rm 1102A

01•31

Critical Thinking

Critical thinking is critical for academic success. It also will serve you well personally and professionally. This workshop will review techniques, tools and methods to develop your critical thinking skills

Facilitator: Bryce Walb

12-1pm • Rm 1102A



02•7

Master Math Problems

Don't let math problems stump you anymore! Learn useful techniques for math success.

Facilitator: Karine Torosyan

12-1pm • Rm 3219

03•13

Finals 911

Does the thought of finals week make you nervous? In this workshop we will discuss the impact of grades on financial aid standing and transfer. We will also review study skills

Facilitator: Bryce Walb

12-1pm • Rm 1102A

Due to limited space, we will not be able to accommodate classes.

For more information, stop by 1102B1 or visit us online at www.seattlecentral.org/academic-assistance



This Student Support Services Project is 100% Federally Funded



Student Academic Assistance Presents:

Personal Growth Workshops

January

12

February

March

01•19

Time Management

Learn to manage your time, organize your life, and be successful with your academic and personal goals.

Facilitator: Kali Kuwada and Risha Allen

12-1pm • Rm 3219

01•26

Why College?

Do you find yourself thinking about why college? Learn about some of the benefits of choosing to stay in college and begin to prepare for transfer.

Facilitator: Risha Allen

12-1pm • Rm 3219

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02•2

Stress Management Group

Feeling stressed out or overwhelmed? Come and participate in an informal and open group discussion around the impact of stress on everyday life. Learn ways to manage stress and find support. Led by TRiO counselors.

Facilitator: Kali Kuwada and Risha Allen

12-1pm • Rm 3219

02•14

Budgeting

Get a handle on your financial situation. This workshop is an introduction to the basics of tracking expenses and sources of income creating a personal budget.

Facilitator: Bryce Walb

12-1pm • Rm 3219

02•16

Time Management

Learn to manage your time, organize your life, and be successful with your academic and personal goals.

Facilitator: Kali Kuwada and Risha Allen

12-1pm • Rm 3219

03•1

Stress Management Group

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