ACADEMIC SKILLS STRATEGIES WORKSHOPS
See updated listings at: http://www.colorado.edu/sasc/skills

MARCH 30- MAY 1, 2015
ALL CU STUDENTS ARE WELCOME!

CU Money Sense: Spent: Looking for Change
Presenter: Niomi Williams, Assoc. Prog. Director, CU Money Sense
April 2, Thursday, 3:00-3:50pm, Fleming 150
A 40-minute film screening that follows the stories of everyday Americans who do not have access to a regular bank and how they handle it; guided discussion to follow after film. (Topic: under banked, the pitfalls of payday loans

Walk in Study help at Norlin Commons!
Tips, talk, and tricks! (Student to Student Series)- and ebio help, too!
April 7, 4-6 PM, Norlin Commons, Rm 3 - E116 (red room)
April 14, 4-6 PM, Norlin Commons, Rm 2 - E117A (aqua room)
April 21, 4-6 PM, Norlin Commons, Rm 2 - E117A (aqua room)
April 28, 4-6 PM, Norlin Commons, Rm 4 - E109 (blue room)
Drop in to get tips for studying, test taking, time management, etc. You name it. A tutor will be there to answer your questions every Tuesday from 4-6. (And yes, she knows ebio 1&2!)

Own That Book! Learn to read and comprehend
April 9, Thursday, Noon-1pm, Fleming 265
Feeling overwhelmed? Not all reading is created equal. We will show you the most tried and true method for getting through the reading, and best of all—Remembering what you have read!!! Essential for anyone who wants to ensure consistent, successful results in courses involving--and being tested on--textbook readings.

Stress Management (or, "Stressed" spelled backwards is ‘desserts’)
April 10, Friday, Noon-1pm, C4C N320

Making the Grade: Transitioning between Taking Lower Division and Upper Division Tests!
April 13, Monday, 3-4pm, Fleming 150
Have you found that using the same strategies for your upper division courses that you used in lower division courses just doesn't do the job for you? Come in to learn how to UPGRADE your studying; what adjustments really work!
Thinking like a Teacher: Getting Ready for Any Examination
Presenter: Dr. Peter Kratzke, Writing & Rhetoric
April 14, Tuesday, 5-6pm, Fleming 150
In a 1973 movie, *The Paper Chase*, the actor John Houseman characterized a law professor so memorably that the movie became a television show. At one point, Houseman’s character, Professor Kingsfield, cajoles his students, “You teach yourself the law, but I train your minds.” Kingsfield’s speech continues, but in that single moment is the key to understanding--and mastering--the dynamic relationship between teacher and student represented in tests and, more importantly to you, test-taking. In this session, we shall explore not only the practical side of your preparing for tests but reach to the core of how to think if test-taking is ever to be more than whatever variation of a cat-and-mouse guessing game

Time Is on Your Side: Manage your minutes: Manage your life
April 15, Wednesday, 2-3pm, Fleming 150
The #1 identified area affecting almost all students, Time Management is Step 1 for establishing solid study skills. Walk out with a plan for the semester! Definitely a must as a first workshop of the semester!

“Grinding It Out: Writing Papers for Any Occasion”
Presenter: Dr. Peter Kratzke, Writing & Rhetoric
April 16, Thursday, 5-6pm, Fleming 150
The title to this presentation comes from the autobiography of McDonald's fast-food founder Ray Kroc. In your college life, you shall probably grind out lots of essays for lots of different teachers, each teacher with seemingly different goals and criteria for judgment. This session aims to give you some fundamentals for adjusting to those differences and, ultimately, mastering each in turn.

The Most Fun Stress Management Workshop Ever!
April 17, Friday, 11-12:30, Fleming, 265
Presenter: Matthew Poon, Pre-Doctoral Therapist, Counseling and Psychological Services
We will talk stress management while making the world famous CAPS Stress Balls! Come for fun and conversation!

Procrastination: Do it Today, Not Tomorrow!
April 22, Wednesday, 2-3pm, Fleming 150
Is procrastination getting in the way of your academic success? Learn how to increase your motivation and take action-today!

Test Anxiety/Stress Management
Presenter: Matthew Poon, Pre-Doctoral Therapist, Counseling and Psychological Services
April 24, Friday, Noon-1pm, Fleming 265
Straight talk about stress and test taking. Walk out with ideas one can use immediately.

Test Taking: Getting Geared up for Finals!
April 20, Monday, 4-5pm, C4C N320
April 23, Thursday, 3-4pm, Fleming 150
April 29, Wednesday, 2-3pm, Fleming 150
Test Anxiety/Stress Management
Presenter: John Bodycomb, Pre-Doctoral Therapist, Counseling and Psychological Services
April 27, Monday, 3-4pm, Fleming 150

Let’s Talk Tuesdays: Academic Skills Walk Ins!
Tuesdays, 2-3:30 pm. All in Fleming 190.
(Not March 31) April 14 April 28
April 07 April 21

Confidential and personal. Let us help you identify obstacles; work out a plan of action. All questions, in any major or academic area are welcomed.

Yoga Snacks for EveryStudent©!
Fridays, 3-4pm, Fleming 244
Apr. 10 Apr. 17 Apr. 24 May 1 (last day before finals!)
Experience Yoga Safely, learn how yoga can help you with stress, improve your learning. Come to have fun! Mats provided or bring your own.

ALL STUDENTS WELCOME TO ALL WORKSHOPS*
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