



Visor Center Study Skills Workshops for Spring 2018

Day	Date	Time	Workshop/Location
Tue	Jan 23	4 PM	Communicating with your Professors, VRO 107
Wed	Jan 24	4 PM	College Writing 101, VRO 107
Thu	Jan 25	6 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Jan 30	4 PM	Communicating with your Professors, VRO 107
Wed	Jan 31	3 PM	Procrastination Domination, VRO 107
Wed	Jan 31	5 PM	Research and Presentations, VRO 106
Wed	Jan 31	6 PM	Content Area Reading Strategies, VRO 107
Thu	Feb 01	5 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Feb 06	3 PM	Note-taking, VRO 107
Tue	Feb 06	6 PM	Communicating with your Professors, VRO 107
Wed	Feb 07	3 PM	Procrastination Domination, VRO 107
Wed	Feb 07	5 PM	Study Skills and Test Taking, VRO 107
Thu	Feb 08	3 PM	Conquering the Essay Test, VRO 107
Thu	Feb 08	5 PM	College Writing 101, VRO 107
Tue	Feb 13	4 PM	Note-taking, VRO 107
Wed	Feb 14	3 PM	College Writing 101, VRO 107
Wed	Feb 14	5 PM	Communicating with your Professors, VRO 107
Thu	Feb 14	6 PM	Manage your Time to Manage your Goals, VRO 107
Thu	Feb 15	4 PM	Overcoming Test Anxiety, VRO 107
Thu	Feb 15	5 PM	Research and Presentations, VRO 106
Tue	Feb 20	3 PM	Procrastination Domination, VRO 107
Tue	Feb 20	4 PM	Study Skills and Test Taking, VRO 106
Wed	Feb 21	3 PM	Communicating with your Professors, VRO 107
Wed	Feb 21	5 PM	Math Story Problem: Putting the pieces together, VRO 107
Thu	Feb 22	5 PM	Overcoming Test Anxiety, VRO 107
Thu	Feb 22	6 PM	Note-taking, VRO 106
Tue	Feb 27	5 PM	Procrastination Domination, VRO 107
Tue	Feb 27	6 PM	Communicating with your Professors, VRO 106
Wed	Feb 28	4 PM	Manage your Time to Manage your Goals, VRO 106
Wed	Feb 28	5 PM	Study Skills and Test Taking, VRO 107
Thu	Mar 01	3 PM	Content Area Reading Strategies, VRO 107
Thu	Mar 01	5 PM	Overcoming Test Anxiety, VRO 107
Tue	Mar 06	4 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Mar 06	5 PM	Conquering the Essay Test, VRO 106
Wed	Mar 07	3 PM	Note-taking, VRO 107
Wed	Mar 07	5 PM	Study Skills and Test Taking, VRO 107
Thu	Mar 08	5 PM	Communicating with your Professors, VRO 106
Thu	Mar 08	6 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Mar 20	5 PM	College Writing 101, VRO 107

Day	Date	Time	Workshop/Location
Tue	Mar 20	6 PM	Overcoming Test Anxiety, VRO 106
Wed	Mar 21	3 PM	Study Skills and Test Taking, VRO 107
Wed	Mar 21	5 PM	Note-taking, VRO 107
Thu	Mar 22	4 PM	Overcoming Test Anxiety, VRO 107
Thu	Mar 22	5 PM	Manage your Time to Manage your Goals, VRO 106
Tue	Mar 27	3 PM	Research and Presentations, VRO 107
Wed	Mar 28	4 PM	Procrastination Domination, VRO 107
Wed	Mar 28	5 PM	Research and Presentations, VRO 106
Wed	Mar 28	6 PM	Math Story Problem: Putting the pieces together, VRO 107
Thu	Mar 29	4 PM	Study Skills and Test Taking, VRO 107
Thu	Mar 29	5 PM	Overcoming Test Anxiety, VRO 106
Tue	Apr 03	3 PM	Procrastination Domination, VRO 107
Tue	Apr 03	4 PM	Study Skills and Test Taking, VRO 106
Wed	Apr 04	3 PM	Research and Presentations, VRO 107
Wed	Apr 04	5 PM	Procrastination Domination, VRO 107
Thu	Apr 05	4 PM	Manage your Time to Manage your Goals, VRO 107
Thu	Apr 05	6 PM	Overcoming Test Anxiety, VRO 107
Tue	Apr 10	5 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Apr 10	6 PM	Study Skills and Test Taking, VRO 106
Wed	Apr 11	5 PM	Note-taking, VRO 107
Thu	Apr 12	3 PM	Overcoming Test Anxiety, VRO 107
Thu	Apr 12	5 PM	Communicating with your Professors, VRO 107
Tue	Apr 17	3 PM	Study Skills and Test Taking, VRO 107
Tue	Apr 17	6 PM	Overcoming Test Anxiety, VRO 107
Wed	Apr 18	5 PM	Manage your Time to Manage your Goals, VRO 107
Wed	Apr 18	6 PM	Research and Presentations, VRO 106
Thu	Apr 19	6 PM	Procrastination Domination, VRO 107
Tue	Apr 24	4 PM	Research and Presentations, VRO 107
Tue	Apr 24	5 PM	Manage your Time to Manage your Goals, VRO 106
Wed	Apr 25	3 PM	Manage your Time to Manage your Goals, VRO 106
Wed	Apr 25	4 PM	Study Skills and Test Taking, VRO 107
Thu	Apr 26	4 PM	Overcoming Test Anxiety, VRO 107
Thu	Apr 26	6 PM	Overcoming Test Anxiety, VRO 107
Tue	May 01	5 PM	Preparing for Finals, VRO 106
Tue	May 01	6 PM	Preparing for Finals, VRO 107
Wed	May 02	4 PM	Preparing for Finals, VRO 106
Wed	May 02	5 PM	Preparing for Finals, VRO 107
Thu	May 03	4 PM	Preparing for Finals, VRO 106
Thu	May 03	5 PM	Preparing for Finals, VRO 107



Visor Center Study Skills Workshop Descriptions

College Writing 101

The transition from high school to college includes more than just roommates and Ramen noodles! Make the change easier as you gain a better understanding of college-level writing. We'll cover topics such as professors' expectations, the writing process, avoiding plagiarism, effective outlining, and successful revision techniques.

College Writing 101—Vrooman 107: Dates & Time, Jan 24—4 PM, Feb 08—5 PM, Feb 14—3 PM

Communicating With Your Professors

Being able to communicate effectively with your professor both in and out of class can significantly impact your learning, and ultimately your success. This interactive workshop will give you opportunities to ask questions and get tips on building a professional network.

Communicating with your Professors—Vrooman 107: Jan 23—4 PM, Jan 30—4 PM, Feb 06—6 PM, Feb 14—5 PM, Feb 21—3 PM, Feb 27—6 PM, Mar 08—5 PM, Apr 12—5 PM

Conquering the Essay Test

Are you lost if your exam doesn't come with an OpSCAN sheet? Do you shudder at the thought of your professors' essay questions? Come to this workshop to gain skills to help you ace your next essay test. You'll learn how to read test questions, organize your thoughts, and work efficiently under stress.

Conquering the Essay Test—Vrooman 106: Feb 08—3 PM, Mar 06—5 PM

Content Area Reading Strategies

I have NO idea what I just read! This is the third time I've reread this paragraph and I just don't get it. When I try to answer the chapter questions it seems like they are asking questions about topics they didn't even cover. It's hard to stay focused on the material in the book. Do any of these sound familiar? Reading is not a passive activity. You have to be actively participating with the reading to get the most out of it—but how? This interactive workshop will teach you some helpful strategies to get the most out of your reading, helping you become an active reader. Not only will you learn how to read more efficiently but also how to apply that knowledge to the class discussions and lectures.

Content Area Reading Strategies—Vrooman 107: Jan 31—6 PM, Mar 01—3 PM

Manage Your Time to Manage Your Goals

This workshop will help you create a schedule that works for YOU. Find when you work best, what your biggest challenges to time management are and how to prioritize. This workshop will also help you make SMART goals, learn the difference between long term and short term planning and let you see that big picture.

Manage your Time to Manage your Goals—Vrooman 106: Jan 25—6 PM, Feb 01—5 PM, Feb 14—6 PM, Feb 28—4 PM, Mar 06—4 PM, Mar 08—6 PM, Mar 22—5 PM, Apr 05—4 PM, Apr 10—5 PM, Apr 18—5 PM, Apr 24—5 PM, Apr 25—3 PM

How to sign up.

- You must register for these free workshops to guarantee a seat
- To register call (309) 438-7100, stop in at the Julia N. Visor Academic Center in Vrooman 012, or register online at: UniversityCollege.IllinoisState.edu/workshops
- Open Mon-Thurs 8am – 9pm; Fri 8am – 4:30pm; Sun 4pm – 8pm
- Call us if you need special accommodations to participate: (309) 438-7100

Math Story Problem: Putting the pieces together

Do you see a math story problem and automatically think "No, I can't do that?" Why do math problems involve words? How do you translate from English words to Mathematical equation? This workshop will help you figure out how to put the missing pieces in math story problem together.

Math Story Problem: Putting the pieces together—Vrooman 107: Feb 21—5 PM, Mar 28—6 PM

Note Taking

Note Taking and Textbook Reading discuss strategies on how to take effective notes based on your class environment and how to stay active while reading your textbook. Explore different methods of organizing your notes and deciding what is important to write down.

Note-taking—Vrooman 107: Feb 06—3 PM, Feb 13—4 PM, Feb 22—6 PM, Mar 07—3 PM, Mar 21—5 PM, Apr 11—5 PM

Overcoming Test Anxiety

You've studied for the exams, you know your materials, you even tutored your roommates but you got to the exam hall and you just blanked out. You could not remember anything!! Test Anxiety is common to many students. While everyone feels some degree of anxiety during tests or exams, it becomes an issue when anxiety makes you feel anxious, ill or develop brain freeze during an exam or test. This interactive workshop will explore the issue of anxiety from the students' perspectives, what it is and how to overcome it.

Overcoming Test Anxiety—Vrooman 107: Feb 15—4 PM, Feb 22—5 PM, Mar 01—5 PM, Mar 20—6 PM, Mar 22—4 PM, Mar 29—5 PM, Apr 05—6 PM, Apr 12—3 PM, Apr 17—6 PM, Apr 26—4 PM, Apr 26—6 PM

Preparing for Finals

It's almost over! You need one last effort to finish strong this semester. This workshop will help you develop a successful study strategy for final exams, including how to make the most of your study tools, how to manage stress, where you can study most effectively, etc.

Preparing for Finals—Vrooman 107: May 01—5 PM, May 01—6 PM, May 02—4 PM, May 02—5 PM, May 03—4 PM, May 03—5 PM

Procrastination Domination

Do you find yourself putting things off to the very last possible second? Are you often scrambling to turn in quality work because you waited too long to start? Don't know how to break your bad procrastination habits? Learn some strategies to help you prioritize, motivate yourself and dominate procrastination!

Procrastination Domination—Vrooman 107: Jan 31—3 PM, Feb 07—3 PM, Feb 20—3 PM, Feb 27—5 PM, Mar 28—4 PM, Apr 03—3 PM, Apr 04—5 PM, Apr 19—6 PM

Research and Presentations

Fear of public speaking is the #1 phobia in the United States. Learn how to research and prepare your projects so that you can present with confidence. We'll discuss working with research materials, avoiding plagiarism, and preparing a paper for presentation. You'll also learn some helpful tricks to fight the pre-speech jitters, so you can calm your mind and go back to just being afraid of spiders.

Research and Presentations—Vrooman 107: Jan 31—5 PM, Feb 15—5 PM, Mar 27—3 PM, Mar 28—5 PM, Apr 04—3 PM, Apr 18—6 PM, Apr 24—4 PM

Study Tools and Test Taking

Multiple choice, essay, true/false, or short answer? This interactive workshop is designed to discuss strategies for creating your own study tools to prepare before your test, during a test, and how to respond after a test.

Study Skills and Test Taking—Vrooman 107: Feb 07—5 PM, Feb 20—4 PM, Feb 28—5 PM, Mar 07—5 PM, Mar 21—3 PM, Mar 29—4 PM, Apr 03—4 PM, Apr 10—6 PM, Apr 17—3 PM, Apr 25—4 PM