



Visor Center Study Skills Workshops for fall 2017

Day	Date	Time	Workshop/Location
Tue	Aug 29	4 PM	Communicating with your Professors, VRO 107
Wed	Aug 30	4 PM	College Writing 101, VRO 107
Thu	Aug 31	6 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Sep 05	5 PM	Procrastination Domination, VRO 107
Tue	Sep 05	6 PM	Communicating with your Professors, VRO 107
Wed	Sep 06	4 PM	Study Skills and Test Taking, VRO 107
Wed	Sep 06	5 PM	Research and Presentations, VRO 107
Thu	Sep 07	5 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Sep 12	3 PM	Note-taking, VRO 107
Tue	Sep 12	6 PM	Communicating with your Professors, VRO 107
Wed	Sep 13	3 PM	Procrastination Domination, VRO 107
Wed	Sep 13	5 PM	Study Skills and Test Taking, VRO 107
Thu	Sep 14	4 PM	Conquering the Essay Test, VRO 107
Thu	Sep 14	5 PM	College Writing 101, VRO 107
Tue	Sep 19	3 PM	Content Area Reading Strategies, VRO 107
Tue	Sep 19	4 PM	Note-taking, VRO 107
Wed	Sep 20	5 PM	Communicating with your Professors, VRO 107
Wed	Sep 20	6 PM	College Writing 101, VRO 107
Thu	Sep 21	4 PM	Overcoming Test Anxiety, VRO 107
Thu	Sep 21	5 PM	Research and Presentations, VRO 107
Tue	Sep 26	3 PM	Procrastination Domination, VRO 107
Tue	Sep 26	4 PM	Study Skills and Test Taking, VRO 107
Wed	Sep 27	5 PM	Math Story Problem: Putting the pieces together, VRO 107
Wed	Sep 27	6 PM	Communicating with your Professors, VRO 107
Thu	Sep 28	5 PM	Overcoming Test Anxiety, VRO 107
Thu	Sep 28	6 PM	Note-taking, VRO 107
Tue	Oct 03	5 PM	Procrastination Domination, VRO 107
Tue	Oct 03	6 PM	Communicating with your Professors, VRO 107
Wed	Oct 04	4 PM	Manage your Time to Manage your Goals, VRO 107
Wed	Oct 04	5 PM	Study Skills and Test Taking, VRO 107
Thu	Oct 05	3 PM	Content Area Reading Strategies, VRO 107
Thu	Oct 05	5 PM	Overcoming Test Anxiety, VRO 107
Tue	Oct 10	4 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Oct 10	5 PM	Conquering the Essay Test, VRO 107
Wed	Oct 11	5 PM	Study Skills and Test Taking, VRO 107
Wed	Oct 11	6 PM	Note-taking, VRO 107
Thu	Oct 12	5 PM	Communicating with your Professors, VRO 107
Thu	Oct 12	6 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Oct 17	5 PM	College Writing 101, VRO 107
Tue	Oct 17	6 PM	Overcoming Test Anxiety, VRO 107

Day	Date	Time	Workshop/Location
Wed	Oct 18	3 PM	Study Skills and Test Taking, VRO 107
Wed	Oct 18	4 PM	Note-taking, VRO 107
Thu	Oct 19	4 PM	Overcoming Test Anxiety, VRO 107
Thu	Oct 19	5 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Oct 24	3 PM	Research and Presentations, VRO 107
Wed	Oct 25	4 PM	Procrastination Domination, VRO 107
Wed	Oct 25	5 PM	Research and Presentations, VRO 107
Wed	Oct 25	6 PM	Math Story Problem: Putting the pieces together, VRO 107
Thu	Oct 26	4 PM	Study Skills and Test Taking, VRO 107
Thu	Oct 26	5 PM	Overcoming Test Anxiety, VRO 107
Tue	Oct 31	3 PM	Study Skills and Test Taking, VRO 107
Tue	Oct 31	4 PM	Study Skills and Test Taking, VRO 107
Wed	Nov 01	3 PM	Research and Presentations, VRO 107
Wed	Nov 01	4 PM	Manage your Time to Manage your Goals, VRO 107
Wed	Nov 01	5 PM	Procrastination Domination, VRO 107
Thu	Nov 02	6 PM	Overcoming Test Anxiety, VRO 107
Tue	Nov 07	5 PM	Manage your Time to Manage your Goals, VRO 107
Tue	Nov 07	6 PM	Study Skills and Test Taking, VRO 107
Wed	Nov 08	3 PM	Overcoming Test Anxiety, VRO 107
Wed	Nov 08	4 PM	Manage your Time to Manage your Goals, VRO 107
Wed	Nov 08	5 PM	Note-taking, VRO 107
Thu	Nov 09	5 PM	Communicating with your Professors, VRO 107
Tue	Nov 14	3 PM	Study Skills and Test Taking, VRO 107
Tue	Nov 14	6 PM	Overcoming Test Anxiety, VRO 107
Wed	Nov 15	4 PM	Research and Presentations, VRO 107
Wed	Nov 15	5 PM	Manage your Time to Manage your Goals, VRO 107
Thu	Nov 16	6 PM	Procrastination Domination, VRO 107
Tue	Nov 28	4 PM	Research and Presentations, VRO 107
Tue	Nov 28	5 PM	Manage your Time to Manage your Goals, VRO 107
Wed	Nov 29	3 PM	Manage your Time to Manage your Goals, VRO 107
Wed	Nov 29	4 PM	Study Skills and Test Taking, VRO 107
Thu	Nov 30	4 PM	Overcoming Test Anxiety, VRO 107
Thu	Nov 30	6 PM	Overcoming Test Anxiety, VRO 107
Tue	Dec 05	5 PM	Preparing for Finals, VRO 107
Tue	Dec 05	6 PM	Preparing for Finals, VRO 107
Wed	Dec 06	4 PM	Preparing for Finals, VRO 107
Wed	Dec 06	5 PM	Preparing for Finals, VRO 107
Thu	Dec 07	4 PM	Preparing for Finals, VRO 107
Thu	Dec 07	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: Aug 30—4 PM, Sep 14—5 PM, Sep 20—6 PM, Oct 17—5 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: Aug 29—4 PM, Sep 05—6 PM, Sep 12—6 PM, Sep 20—5 PM, Sep 27—6 PM, Oct 03—6 PM, Oct 12—5 PM, Nov 09—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 107: Sep 14—4 PM, Oct 10—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: Sep 19—3 PM, Oct 05—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 107: Aug 31—6 PM, Sep 07—5 PM, Oct 04—4 PM, Oct 10—4 PM, Oct 12—6 PM, Oct 19—5 PM, Nov 01—4 PM, Nov 07—5 PM, Nov 08—4 PM, Nov 15—5 PM, Nov 28—5 PM, Nov 29—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: Sep 27—5 PM, Oct 25—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: Sep 12—3 PM, Sep 19—4 PM, Sep 28—6 PM, Oct 11—6 PM, Oct 18—4 PM, Nov 08—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: Sep 21—4 PM, Sep 28—5 PM, Oct 05—5 PM, Oct 17—6 PM, Oct 19—4 PM, Oct 26—5 PM, Nov 02—6 PM, Nov 08—3 PM, Nov 14—6 PM, Nov 30—4 PM, Nov 30—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: Dec 05—5 PM, Dec 05—6 PM, Dec 06—4 PM, Dec 06—5 PM, Dec 07—4 PM, Dec 07—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: Sep 05—5 PM, Sep 13—3 PM, Sep 26—3 PM, Oct 03—5 PM, Oct 25—4 PM, Nov 01—5 PM, Nov 16—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: Sep 06—5 PM, Sep 21—5 PM, Oct 24—3 PM, Oct 25—5 PM, Nov 01—3 PM, Nov 15—4 PM, Nov 28—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: Sep 06—4 PM, Sep 13—5 PM, Sep 26—4 PM, Oct 04—5 PM, Oct 11—5 PM, Oct 18—3 PM, Oct 26—4 PM, Oct 31—3 PM, Oct 31—4 PM, Nov 07—6 PM, Nov 14—3 PM, Nov 29—4 PM