



Visor Center Study Skills Workshops for spring 2017

Day	Date	Time	Workshop/Location
Tues	Jan 24	4 PM	Communicating With Your Professors, VRO 107
Wed	Jan 25	4 PM	College Writing 101, VRO 107
Thurs	Jan 26	5 PM	Manage your Time to Manage your Goals, VRO 107
Tues	Jan 31	4 PM	Communicating With Your Professors, VRO 107
Tues	Jan 31	5 PM	Study Skills and Test Taking, VRO 107
Wed	Feb 01	3 PM	Manage your Time to Manage your Goals, VRO 107
Thurs	Feb 02	5 PM	Note-taking, VRO 107
Tues	Feb 07	5 PM	Procrastination Domination, VRO 107
Wed	Feb 08	4 PM	Conquering the Essay Test, VRO 107
Thurs	Feb 09	5 PM	Content Area Reading Strategies, VRO 107
Tues	Feb 14	5 PM	Note-taking, VRO 107
Wed	Feb 15	4 PM	Communicating With Your Professors, VRO 107
Wed	Feb 15	5 PM	College Writing 101, VRO 107
Thurs	Feb 16	4 PM	Overcoming Test Anxiety, VRO 107
Thurs	Feb 16	5 PM	Study Skills and Test Taking, VRO 107
Tues	Feb 21	5 PM	Math Story Problem: Putting the pieces together, VRO 107
Wed	Feb 22	4 PM	Note-taking, VRO 107
Thurs	Feb 23	6 PM	Procrastination Domination, VRO 107
Tues	Feb 28	6 PM	Manage your Time to Manage your Goals, VRO 107
Wed	Mar 01	3 PM	Content Area Reading Strategies, VRO 107
Thurs	Mar 02	4 PM	Communicating With Your Professors, VRO 107
Thurs	Mar 02	5 PM	Study Skills and Test Taking, VRO 107
Tues	Mar 07	4 PM	Overcoming Test Anxiety, VRO 107
Tues	Mar 07	6 PM	Note-taking, VRO 107

Day	Date	Time	Workshop/Location
Wed	Mar 08	5 PM	Research and Presentations, VRO 107
Thurs	Mar 09	5 PM	Math Story Problem: Putting the pieces together, VRO 107
Tues	Mar 21	3 PM	Procrastination Domination, VRO 107
Wed	Mar 22	4 PM	Study Skills and Test Taking, VRO 107
Thurs	Mar 23	4 PM	Research and Presentations, VRO 107
Tues	Mar 28	3 PM	Overcoming Test Anxiety, VRO 107
Wed	Mar 29	3 PM	Manage your Time to Manage your Goals, VRO 107
Thurs	Mar 30	4 PM	Note-taking, VRO 107
Tues	Apr 04	6 PM	Procrastination Domination, VRO 107
Wed	Apr 05	3 PM	Study Skills and Test Taking, VRO 107
Thurs	Apr 06	6 PM	Communicating With Your Professors, VRO 107
Tues	Apr 11	4 PM	Manage your Time to Manage your Goals, VRO 107
Wed	Apr 12	4 PM	Research and Presentations, VRO 107
Thurs	Apr 13	5 PM	Study Skills and Test Taking, VRO 107
Tues	Apr 18	5 PM	Overcoming Test Anxiety, VRO 107
Wed	Apr 19	4 PM	Study Skills and Test Taking, VRO 107
Thurs	Apr 20	5 PM	Procrastination Domination, VRO 107
Tues	Apr 25	6 PM	Preparing for Finals, VRO 107
Wed	Apr 26	5 PM	Preparing for Finals, VRO 107
Thurs	Apr 27	4 PM	Preparing for Finals, VRO 107
Tues	May 02	4 PM	Preparing for Finals, VRO 107
Wed	May 03	4 PM	Preparing for Finals, VRO 107
Thurs	May 04	6 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: Jan 25—4 PM, Feb 15—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: Jan 24—4 PM, Jan 31—4 PM, Feb 15—4 PM, Mar 02—4 PM, Apr 06—6 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: Feb 08—4 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: Feb 09—5 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 107: Jan 26—5 PM, Feb 01—3 PM, Feb 28—6 PM, Mar 29—3 PM, Apr 11—4 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

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 02—5 PM, Feb 14—5 PM, Feb 22—4 PM, Mar 07—6 PM, Mar 30—4pm

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 Math? 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 09—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 16—4 PM, Mar 07—4 PM, Mar 28—3 PM, Apr 18—5 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: Apr 25—6 PM, Apr 26—5 PM, Apr 27—4 PM, May 02—4 PM, May 03—4 PM, May 04—6 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: Feb 07—5 PM, Feb 23—6 PM, Mar 21—3 PM, Apr 04—6 PM, Apr 20—5 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: Mar 08—5 PM, Mar 23—4 PM, Apr 12—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: Jan 31—5 PM, Feb 16—5 PM, Mar 02—5 PM, Mar 22—4 PM, Apr 05—3 PM, Apr 13—5 PM, Apr 19—4 PM