Workshops focused on your success:
Tuesday and Wednesday
November 3-4, 2015

Win Great Prizes!
Prizes will be given away at every workshop!

Workshop Schedule
All sessions held in 72 PLC.

<table>
<thead>
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<th>Time</th>
<th>Tue. 11/3</th>
<th>Wed. 11/4</th>
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<tr>
<td>11:00</td>
<td>No Speed Limits</td>
<td>Making the Most of 24/7</td>
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<tr>
<td>12:00</td>
<td>Study with Focus</td>
<td>ACEing Your Tests</td>
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<tr>
<td>1:00</td>
<td>Math Mindset</td>
<td>Myth Busting: Preparing for a Health Profession</td>
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<td>2:00</td>
<td>Beyond the Highlighter</td>
<td>Perfectionism</td>
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<td>3:00</td>
<td>Money Matters</td>
<td>Productive Procrastination</td>
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<td>4:00</td>
<td>Making the Most of 24/7</td>
<td>I Wish I Had Known</td>
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<td>5:00</td>
<td>Essays Made Easier</td>
<td>Five and Thrive: Research-Based Strategies for Effective Studying</td>
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<tr>
<td>6:00</td>
<td>Taming Test Anxiety</td>
<td>Take Notes, Make Notes</td>
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<td>7:00</td>
<td>Memorable Connections</td>
<td>No Speed Limits</td>
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ACEing Your Tests
If you find yourself rereading an exam question only to find it more confusing, then let’s discuss strategies for becoming a more successful tester.

Beyond the Highlighter
Absorb more from your textbook time by considering when, where, why, and how you read and by practicing effective comprehension and note-taking strategies.

Essays Made Easier
We’ll look at several key steps to producing a paper without stress, difficulty, or tedium. Bring your paper problems and we’ll talk straightforward fixes!

Five and Thrive: Research-Based Strategies for Effective Studying
Explore how five principles of learning can transform your study time—and your results.

I Wish I Had Known...
Learn what other students identify as the academic tools all students need. A student panel discusses first-year challenges and reveals strategies for improving study habits, managing time, and reducing stress.

Making the Most of 24/7
Schedule out of control? Discover scheduling strategies and other organizational approaches that will help you prioritize your to-dos, keep up with deadlines, and balance different areas of your life.

Memorable Connections
Isn’t it nice when information goes in one ear...and not out the other? Explore memory principles, study techniques, and mnemonic devices you can apply to your courses.

Money Matters
Hoping to avoid some of the main financial pitfalls of student life? Discover strategies you can use to know where your money goes and how you can stretch it.

Myth Busting: Preparing for a Health Profession
Have you heard what it takes to pursue a health profession, but wonder if it’s all true? Join us as we break through popular myths about the academic and extracurricular experiences needed to prepare for this path. You will leave this workshop better equipped to formulate your own plan and reach your goals.

No Speed Limits
Ever wondered how you could cut down on reading time without sacrificing comprehension? Come give speed reading techniques a try!

Perfectionism
“What’s your biggest weakness?” “Well, I tend toward perfectionism.” You can keep that as your job interview line, but at this session we’ll work on getting things done without the overkill or the guilt.

Productive Procrastination
Don’t wait for a better time to limit your procrastination! Explore attitudes and strategies that can lead to lower stress, higher quality work, and better habits for future endeavors.

Study with Focus
Aren’t we all at least a little focus-challenged? Learn techniques that can help you reduce distractions, organize academic materials, harness concentration, and stay in the zone.

Take Notes, Make Notes
You write, write, write during lecture—but then what? Learn skills to refine your note-taking technique and expand your views about what good notes can do.

Taming Test Anxiety
Gain new ideas for studying effectively, staying positive, navigating test questions and unleashing your true ability.

For more TLC services...
stop by 68 PLC or visit tlc.uoregon.edu

Get Savvy Workshops
All sessions held in 72 PLC.

tlc.uoregon.edu/getsavvy