

# Academic Success Workshops for Fall 2013

From the Academic Advising Office, Grinnell College

[advising]

JRC 3<sup>rd</sup> floor, x3702

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## **TIME MANAGEMENT**

Date: Tuesday, September 24

Time: 8:00 p.m.

Location: JRC 226

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Date: Wednesday, October 9

Time: 8:00 p.m.

Place: JRC 226

Get a grip on stress: learn how to manage yourself and your time in this intellectual playground we call college. Take a personal time survey, discuss common pitfalls of time management and receive tools to help you be successful at Grinnell.

## **THE PLACES YOU WILL GO: HOW STUDY SPACE IMPACTS PRODUCTIVITY AND LEARNING**

Date: Tuesday, October 8

Time: 8:30 p.m.

Location: JRC 225

Discuss strategies for finding the right study space for you. Take an inventory to evaluate your current study locations, discuss the impact of the environment on study effectiveness, and hear from other students about their favorite study spaces on campus.

## **A MAJOR DECISION: CHOOSING A MAJOR**

Date: Tuesday, November 5

Time: 4:15 p.m. – 5:00 p.m.

Location: JRC 225

Come and learn from your peers discuss how they chose their majors and to participate in activities that help you pick a major that matches your skills. All are welcome; bring your questions.

## **WHAT KIND OF PROCRASTINATOR ARE YOU? OVERCOMING PROCRASTINATION IN YOUR DAILY LIFE**

*(in collaboration with Student Health and Counseling Services)*

Date: Wednesday, October 30

Time: noon – 1:00 p.m.

Location: JRC 226

Do you struggle with procrastination? Want to learn more about why you procrastinate and strategies for moving past procrastination to productivity? If so, then this is the session for you!

## **TIPS FOR TEST TAKING (in collaboration with Student Health and Counseling Services)**

Date: Thursday, November 7

Time: noon – 1:00 p.m.

Location: JRC 209

Learn proven, effective ways to study and to enhance your test-taking abilities, and learn techniques for overcoming anxiety about tests or during tests.

## **MINDSET MATTERS: HOW MINDSET IMPACTS LEARNING AND SUCCESS**

Date: Thursday, November 14

Time: 4:00 p.m. – 5:00 p.m.

Location: JRC 226

Do have a growth mindset or fixed mindset? Take an inventory on which mindset you fall under and discuss strategies on how your “mindset” or beliefs about whether skills, intelligence and personality qualities are fixed or can be developed, has a profound effect on life choices, academics and success.

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**To schedule an individual consultation on one of these topics, or for more information about these workshops, stop by the Academic Advising Office (JRC 3<sup>rd</sup>), email [advising], or call x3702.**

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