



# COLLEGE SUCCESS WORKSHOPS

WORKSHOPS ARE **FREE** BUT DO REQUIRE REGISTRATION

Stop by the UCBB front desk or call 442-7736 today!

## So Much to Do, So Little Time

A workshop on time management designed to help participants consider where the time goes. Specific strategies will be explained with which to plan activity, use time effectively, and reduce the stress of our busy lives.

Wednesday      January 21      8 – 9:45 a.m. ITV

## Let Me Make a Note of That

Master the secrets of taking great class notes! This is a workshop followed by an individual appointment with Judith DeMilo Brown to review how the note taking techniques are working for you. Bring note taking supplies with you to the workshop.

Tuesday      January 27      2:30 – 3:45 p.m.      ITV

## Brain Basics: Getting Ready to Learn Well

Everything about learning involves the brain. This workshop will provide a basic understanding of how the brain functions in learning, and ways that you can best prepare to use your own unique mind.

Wednesday      January 28      8 – 9:45 a.m. ITV

## What Is Math Anxiety

What are the truths and myths surrounding math anxiety? What are the symptoms? This workshop will look at math anxiety, and explore strategies for overcoming it. You too can learn to think mathematically!

Thursday      January 29      2:30 – 3:45 p.m.      ITV

## Making the Grade: Studying for the test

Hours of studying and then you walk into the test and your mind is a total blank? Learn what study preparation will earn you that top grade.

Tuesday      February 3      2:30 – 3:45 p.m.      ITV

## Brain Based Learning Strategies

This program will teach you to learn more effectively through specific techniques to improve memory, reduce the effort of learning, and increase the enjoyment of the process.

Wednesday      February 25      8 – 9:45 a.m. ITV

## Reducing the Stress of Taking Tests

Taking tests can cause so much anxiety that we cannot think straight, resulting in poor test performance and low grades. This session will teach you specific techniques to reduce the stress of taking tests while increasing the ability to show what you know.

Wednesday      March 4      8 – 9:45 a.m. ITV

## ***Workshops via Videostream***

Any workshop which is offered over ITV is available to view as a videostream shortly after the workshop is broadcast. The videos are located at the Blackboard Site called UMA College Success Workshops.

To access the site the first time, you must self-enroll using the following steps:

1. Log into Blackboard ([www.courses.maine.edu](http://www.courses.maine.edu)) with your “@maine.edu” username and password.
2. Click on the Courses tab (top left of your screen, between the Home tab and the Community tab).
3. On the right-hand side of the screen you will see a Course Catalog box. Find and click on the UMA College Success Workshops link.
4. Click the Enroll button.
5. Click Submit, then on the next screen click OK.

Once you have self-enrolled, the UMA College Success Workshops link will appear in your My Courses list (where all of your Blackboard courses appear) whenever you log into Blackboard.

Be sure to read the Videostreaming Instructions posted in the Workshop Videos area.

Choose the specific date and title for the workshop you want to view. You may wish to print off the Workshop Handouts before you view the video.