

# Study Skills Workshops

The Counseling Center

*We are here for you.*

## Lehman G.P.S.

(Goals, Priorities, Success)



Whether you enter Lehman sure about your major or questioning what career you are interested in, everyone wants to be a success. In this workshop you will learn how to create short and long term goals to get you to graduation on time. You will also learn about the resources Lehman has available to help you for free!

Workshop dates:

Wednesdays at 3:30: 9/25, 11/6

Saturdays at noon: 9/28, 11/9

## Procrastination, Prioritizing and the Myth of Perfection

Do you do everything last minute?

Do you allow Facebook, television and texting with friends to take priority over your school work? Do you feel you shouldn't start an assignment until you can do it perfectly? This workshop is for you. Learn how to prioritize your time to balance social and academic pursuits. Discover how the idea of the perfect paper can hold you back from success.

Workshop dates: Wednesdays at 3:30: 10/9, 10/30

Saturdays at noon: 10/12, 11/2

## Time Management

Do you feel that there is never enough time in the day?  
Do you have difficulty balancing commitments to school, work and family?

This workshop will teach you how to create a schedule so that you can best utilize your available hours. Learn how to negotiate your schedule to adapt to your busy and changing life.

Workshop dates:

Wednesdays at 3:30pm: 10/2, 10/23, 11/20

Saturdays at noon: 10/5, 12/26, 11/23

## Exam Success



Did you know that studying should happen daily?

Learn valuable tips for how, when and where to study for exams. Learn memorization and organization techniques. Learn ways to stay calm and clear-headed during an exam.

Workshop dates: Wednesdays at 3:30:

10/16, 11/13, 12/4

Saturdays at noon:

10/19, 11/16, 12/7