ASLR WORKSHOPS
November & December 2015

“I Can’t Remember What I Just Read!”
Learn strategies to focus your attention and get more out of the time you spend reading every day.
Wednesday, November 4 4:30-5:30 PM Hogan 402

Study Smarter, Not Harder!
Why is it so hard to remember what you just heard in lecture or just read in your text? Discover how applying "The Study Cycle" and other learning strategies can make your study time more effective.
Thursday, November 12 4:30-5:30 PM Hogan 408

Re-Motivate and Finish the Semester Strong
What is preventing you from achieving your academic goals this semester? What motivates you when the going gets tough? Learn strategies to get and stay motivated so that you can make a strong finish to your semester in college.
Monday, November 16 4:30-5:30 PM Hogan 402

Study Smarter, Not Harder!
Why is it so hard to remember what you just heard in lecture or just read in your text? Discover how applying "The Study Cycle" and other learning strategies can make your study time more effective.
Wednesday, December 2 4:30-5:30 PM Hogan 401

Control Your Test Anxiety
Do you worry about your grades because you get anxious when preparing for or taking tests? Learn to identify the causes of test anxiety—including what you can control and, therefore, change.
Thursday, December 3 4:30-5:30 PM Hogan 406

Seating for all ASLR workshops is limited
To pre-register call 508-793-2713 or email souterso@holycross.edu
Be sure to provide your name and HC ID number