Office Hours 101
Why, exactly, do faculty hold office hours? If you go, aren’t you just trying to impress your professor? Gain a faculty perspective on office hours and learn why the smartest students wouldn’t dream of missing them. This will be a light-hearted workshop with role playing.

Monday, September 14  
4:30-5:30 PM  
Hogan 402

Managing Your Time for Academic Success
In this hands-on workshop you can learn to use professional tools and proven strategies to help you to make the most of your limited time. Topics include: the secret for success in a class that meets only two days each week, tips to divide and conquer your workload, and the reason seeing the BIG PICTURE is essential.

Wednesday, September 16  
4:30-5:30 PM  
Hogan Suite B

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.

Monday, September 21  
4:30-5:30 PM  
Hogan 406

Success Strategies for STEM Classes!
Success in science, technology, engineering and mathematics (STEM) courses requires effective problem-solving strategies, which you can explore in this workshop, along with proven ways to improve your memory, create a long-term study plan, and prepare for tests in your STEM courses.

Wednesday, September 30  
4:30-5:30 PM  
Hogan 401

“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.

Tuesday, October 6  
4:30-5:30 PM  
Hogan 406

Manage Your Time; STOP Procrastination
“But I work best under pressure!” If this describes your approach to managing your time, you may be a procrastinator! Learn how to find that sweet spot where you can be motivated by urgency without waiting until the very last minute.

Wednesday, October 7  
4:30-5:30 PM  
Hogan 401

Rev It Up Reading
Do you want to learn how to read better and faster? Would you like to learn new and simple strategies for managing your reading workload? This intensive, 2-hour workshop is conducted by Abby Marks-Beale, reading specialist and founder of The Corporate Educator, a training company dedicated to helping busy people read, learn and do more in less time. This workshop will provide you with immediately useable information to help you read and learn more easily from your own academic reading material.

Wednesday, October 21  
4:30-6:30 PM  
Hogan Suite B/C

UNsure? UNdeclared? UNhappy?
UNcover resources to help you clarify your academic interests and get ready to declare (or change) your major. Choose ONE workshop date:

Monday, October 26  
4:30-5:30 PM  
Smith Hall 201
Wednesday, October 25  
7:00-8:00 PM  
Hogan 408(9)
Thursday, October 29  
4:30-5:30 PM  
Hogan 408(9)

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