



# LSS Workshop Topics: Fall 2008

Location: 328 Graduate College of Social Work; 713-743-5411

Length of all: 50 min. Please be on time. No admittance after 5 minutes past the hour.

➤ Register on-line by going to “workshops-signup” at [www.las.uh.edu/lss/](http://www.las.uh.edu/lss/). *On-line registration is necessary to obtain a spot.*

WEEK	TOPIC	Time #1	Time #2
1	Study strategies & note-taking for a great semester	Wed, 8/27 @ 2 pm	Thurs., 8/28 @ 4 pm
2	Time management tips for busy students	Wed, 9/3 @ 2:30 pm	Fri., 9/5 @ 10 am
3	Textbook and college level reading tips	Mon., 9/8 @ 10 am	Wed., 9/10 @ 3 pm
4	Preparing for and taking tests	Tues., 9/16 @ 4 pm	Thurs., 9/18 @ 3 pm
5	Conquer math anxiety	Mon., 9/22 @ 5 pm	Thurs., 9/25 @ 4 pm
6	Improve your memory power	Tues., 9/30 @ 3 pm	Wed., 10/1 @ 11 am
7	Writing better research papers	Mon., 10/6 @ 5 pm	Fri., 10/10 @ 11 am
8	Critical Thinking	Mon., 10/13 @ 11 am	Fri., 10/17 @ 1 pm
8	Hints for taking the GRE	Tues., 10/14 @ 4 pm	Thursday, 10/16 @ 3 pm
9	Understanding motivation	Mon., 10/20 @ 2 pm	Fri., 10/24 @ 2 pm
9	Calm your test taking fears	Mon., 10/20 @ 4 pm	Wed., 10/22 @ 4 pm
10	Goal Setting	Mon., 10/27 @ 1 pm	Fri., 10/31 @ 3 pm
10	Reduce Academic Stress through Meditation	Tues., 10/28 @ 4 pm	Thurs., 10/30 @ 4pm
11	Organize Yourself	Tues., 11/4 @ 3 pm	Wed., 11/5 @ 2 pm
12	Help, I can't concentrate!	Tues., 11/11 @ 5 pm	Fri., 11/14 @ 1 pm
13	APA Writing Style	Tues., 11/18 @ 4 pm	Thurs., 11/20 @ 11 am
14	Procrastination	Mon., 11/24 @ 3 pm	Tues., 11/25 @ 10 am
15	Preparing for and coping with finals	Mon., 12/1 @ 3 pm	Fri., 12/5 @ 12 pm
15	Learning Styles	Tues., 12/2 @ 2 pm	Thurs., 12/4 @ 4 pm



# LSS Workshop Topics Descriptions: Fall 2008

<b>WEEK</b>	<b>TOPIC</b>	<b>Description</b>
<b>1</b>	<b>Strategies for a great semester</b>	Overview of strategies for college success. Includes time mgt., note taking, reading tips, using resources, etc.
<b>2</b>	<b>Time management tips for busy students</b>	How to plan a weekly schedule using a time grid, barriers to time management, how to prioritize
<b>3</b>	<b>Textbook and college level reading tips</b>	Reading strategies including the SQ4R method, how to read faster, selecting the main idea
<b>4</b>	<b>Preparing for and taking tests</b>	How to study for different types of exams including science/math, heavy reading classes, foreign language, how to take MC exams, essay exams
<b>5</b>	<b>Conquer math anxiety</b>	Definition of math anxiety, how to prevent math anxiety using relaxation, math study skills/being prepared as a way to combat anxiety
<b>6</b>	<b>Improve your memory power</b>	Various strategies to boost memory, how to use these strategies in a wide variety of classes
<b>7</b>	<b>Writing better research papers</b>	Step by step approach to writing research papers, includes exercise on writing an outline for a paper
<b>8</b>	<b>Critical Thinking</b>	Definition of critical thinking, characteristics of a critical thinker, how to spot assumptions in writing, problem solving and critical thinking
<b>8</b>	<b>Hints for taking the GRE</b>	Information about how to study/review for the different parts of the GRE; information about how to register
<b>9</b>	<b>Improve your motivation</b>	This workshop will help unmotivated students understand themselves, and make changes in their behavior as a result of this insight.
<b>9</b>	<b>Calm your test taking fears</b>	Understanding test anxiety, using relaxation and self talk to promote feeling calm for tests
<b>10</b>	<b>Goal Setting</b>	Look at long-range, mid-range, and short-term goals and how they relate to each other. Understanding problem solving and how it relates to goal setting.
<b>10</b>	<b>Reduce Academic Stress through Meditation</b>	A guest speaker, a Buddhist monk, will instruct the group on meditation techniques.
<b>11</b>	<b>Organize yourself</b>	Various strategies to use for organizing your life, your office, your class notes, your filing system, etc.
<b>12</b>	<b>Help, I can't concentrate!</b>	A variety of strategies you can use to boost concentration for academic material.
<b>13</b>	<b>APA Writing Style</b>	A summary of APA writing style, common mistakes that students make when using it, and an exercise where you can practice using it
<b>14</b>	<b>Procrastination</b>	What are the causes of procrastination, what are the "types" of procrastinators, tools you can use when you feel like procrastinating
<b>15</b>	<b>Preparing for and coping with finals</b>	How to study for different types of final exams and how to cope with finals test anxiety
<b>15</b>	<b>Learning Styles</b>	Learn about the 3 main learning styles, which one best fits you, and study techniques for each learning style