

# Academic SUCCESS Workshops

Please join us this spring in **Student Center (SC) 314** to learn how you can succeed in college and in life! We will learn about *study skills to final exams*, scheduling time to managing stress, how to take notes to how to use a calculator, and much more. **BRING A FRIEND!** 

### WEDNESDAY at 11AM

#### April 15 Technology 101

How to navigate My NWACC Connection, Success Planner, and more as you plan for next semester

## MONDAY at 11AM

#### April 20 Balancing Life: Time & Stress

How to create a time management plan (for school, work, & home), find a personal connection to course work, incorporate campus life into academic learning, and learn healthy ways to cope in stress situations relating to college life

### WEDNESDAY at 11AM

#### April 29 Test Taking & Anxiety

Test preparation (note-taking and study management plan), test-taking tips, how to deal with test anxiety

## THURSDAY at 2PM

### April 16 Technology 101

How to navigate My NWACC Connection, Success Planner, and more as you plan for next semester

### TUESDAY at 2PM

#### April 21 Balancing Life: Time & Stress

How to create a time management plan (for school, work, & home), find a personal connection to course work, incorporate campus life into academic learning, and learn healthy ways to cope in stress situations relating to college life

### THURSDAY at 2PM

#### April 30 Test Taking & Anxiety

Test preparation (note-taking and study management plan), test-taking tips, how to deal with test anxiety

For more information, contact the Academic Success Center at asc@nwacc.edu or (479) 619-4241.