

SU
SEATTLE
UNIVERSITY

CAPS
COUNSELING &
PSYCHOLOGICAL
SERVICES

STUDY SKILLS

Drop-in workshops for improving academic performance and enhancing your well-being. Topics include Time Management & Procrastination, Memorization & Test-Taking, and Stress Management & Test Anxiety. Each workshop will be offered twice a quarter. Attend one or all workshops.

Space is limited so there is a first-come first-served policy.

Time Management and Procrastination:
10/1/09 and 11/5/09

Memorization and Test
Taking: 10/8/09 and 11/12/09

Stress Management and Test Anxiety:
10/22/09 and 11/19/09

Leader:

Mehvash Ali, Ph.D.

Thursdays PAVL
11-12 120

(206) 296-6090