



**Benedictine University**  
**Academic Support**  
**Center**

**Skills for Academic Success Fall 2022**

Location: **Goodwin 211**

**Wednesdays 3:00 PM – 4:00 PM**

Presentations are in person.

**Registration is via email.**

- To register for the presentation, please email Michelle Schaefer at [mschaefer@ben.edu](mailto:mschaefer@ben.edu) by 3:00 PM Tuesday *the day before the presentation*. Include the name of the presentation, your first and last name, and student identification number in the email.
- A presentation with *no registrants 24 hours* before the presentation time will be cancelled.

<b>September 28</b>	<b>Time Management- (Marian Flattum)</b> Are you always late? Is procrastination your middle name? Are you so overwhelmed with your to-do list that you do not know where to start? Learn about tools and strategies for more effective use of your time.
<b>October 5</b>	<b>Study Smarter: Preparing for your tests – (Susan Roach)</b> How many times have you studied for hours only to draw a blank when the test was in front of you? Use these tools and strategies in preparation for your next test and to help you improve.
<b>October 12</b>	<b>Notetaking – Taking Good Notes and Using Them (Carol Fendrick)</b> Is your professor talking so fast you cannot keep up? Are you having trouble remembering the material in your notes for the exam. Are you having trouble figuring out what is important? Find out tips to help take better notes and use them more effectively.
<b>October 19</b>	<b>Effective Reading Strategies – (Susan Roach)</b> Not sure how to approach your reading assignments? Discover different approaches for each discipline as well as general reading strategies you can employ to get the most out of your textbook.
<b>October 26</b>	<b>Plagiarism – Just Do not Do It (Susan Roach)</b> Did you turn in a paper you found on the internet? Are you planning to turn in a paper you wrote in one class for another class? Plagiarism is a form of cheating and can result in extreme consequences for a student. Learn what is and is not plagiarism and how to avoid it. The basics of citation will also be covered.
<b>November 2</b>	<b>– Let’s “Thrive” instead of just “Survive” (Marian Flattum)</b> Discover how growth mindset, motivation, and goal setting can help you thrive in college instead of just surviving. We will assess your personal goals and action steps and create a structure for achieving these goals.
<b>November 9</b>	<b>Preparing for Finals (Carol Fendrick)</b> While finals preparation started the day classes started, there are things you can do to help you have a successful final week. Join us for some helpful tips to begin preparing for your finals.
<b>November 16</b>	<b>Managing Stress (TBD )</b> Is the end of the semester making you a little stressed? Join us for some ideas and reminders of ways to stay healthy and lower your stress.