Do you need help figuring out the best way you learn and study?
Do you need help with time management skills or notetaking skills?
Attend our Academic Success and Study Skills Workshop Series!

Registration is not required.
You can attend all of the workshops or just the ones you think you will benefit from the most. For a description of each workshop please visit our website www.stonybrook.edu/advising

If you have any questions, please contact Kristin in Academic & Transfer Advising Services Kristin.Hall@stonybrook.edu

**Time Management**
August 28th 5:30pm- SAC 308
September 8th 5:30pm- E2340 Melville Library
September 26th 3:00pm- SAC 308

**Memory & How the Brain Learns**
September 5th 3:00pm- SAC 308
September 15th 5:30pm- E2340 Melville Library
September 23rd 5:30pm- E2340 Melville Library

**Increasing Motivation**
September 9th 5:30pm- E2340 Melville Library
September 19th 3:00pm- SAC 308
September 30th 5:30pm- E2340 Melville Library

**Improving Concentration**
September 12th 3:00pm- SAC 308
September 16th 5:30pm- E2340 Melville Library
September 29th 5:30pm- E2340 Melville Library

**Test Taking Skills & Test Anxiety**
September 22nd 5:30pm- E2340 Melville Library
October 3rd 3:00pm- SAC 308

Presented by Academic & Transfer Advising Services