



Week 7

MANAGING TEST ANXIETY (On Campus C&L 110)

Midterms are just around the corner!

Learn how to prepare for your mid- term exams and strategies for managing test anxiety.

Tue. 3/12

12:00pm - 12:30 pm

Wed. 3/13

12:00pm - 12:30 pm

Thur. 3/14

12:00pm - 12:30 pm

Week 8

No events.

Spring Break

No events.

Week 9

TAKING BETTER NOTES

(Online Zoom <https://cccd-edu.zoom.us/j/88941872779>)

Messy notes? Not sure what to write down? Writing everything down?

Explore different techniques, apps, and strategies for taking better, more efficient notes.

Tue. 4/2

12:00pm - 12:30 pm

Wed. 4/3

12:00pm - 12:30 pm

Thur. 4/4

12:00pm - 12:30 pm



Week 10

HOW TO STUDY MORE EFFECTIVELY (On Campus C&L 110)

Is studying for your classes driving you crazy?

Learn some effective study techniques along with some helpful tips for overcoming procrastination, so you can get the most out of your study time.

Tue. 4/9

12:00pm - 12:30 pm

Wed. 4/10

12:00pm - 12:30 pm

Thur. 4/11

12:00pm - 12:30 pm

Week 11

Time Management Tips

(Online Zoom <https://cccd-edu.zoom.us/j/88941872779>)

Never have enough time for studying?

Learn how you can balance work, college, and family obligations with strategies for scheduling and goal setting.

Tue. 4/16

Wed. 4/17

Thur. 4/18

12:00pm - 12:30 pm

12:00pm - 12:30 pm

12:00pm - 12:30 pm



Week 12

No events.

Week 13

Test Prep (On Campus C&L 110)

Learn how to gather study materials and set a study schedule. Find out about common test errors and how to avoid them.

Tue. 4/30

Wed. 5/1

Thur. 5/2

12:00pm - 12:30 pm

12:00pm - 12:30 pm

12:00pm - 12:30 pm

Week 14

MANAGING TEST ANXIETY

(Online Zoom <https://cccd-edu.zoom.us/j/88941872779>)

Finals are just around the corner!

Learn how to prepare for your mid- term exams and strategies for managing test anxiety.

Tue. 5/7

Wed. 5/8

Thur. 5/9

12:00pm - 12:30 pm

12:00pm - 12:30 pm

12:00pm - 12:30 pm



Week 15

No events.

Week 16

Finals Week.

Week 1

~~No events.~~

Week 2

~~TAKING BETTER NOTES (On Campus C&L 110)~~

~~Messy notes? Not sure what to write down? Writing everything down?~~

~~Explore different techniques, apps, and strategies for taking better, more efficient notes.~~

~~Tue. 2/6 12:00pm – 12:30 pm Wed. 2/7 12:00pm – 12:30 pm Thur. 2/8 12:00pm – 12:30 pm~~

Week 3

~~HOW TO STUDY MORE EFFECTIVELY~~

~~(Online Zoom <https://cccd-edu.zoom.us/j/88941872779>)~~

~~Is studying for your classes driving you crazy?~~

~~Learn some effective study techniques along with some helpful tips for overcoming procrastination, so you can get the most out of your study time.~~

~~Tue. 2/13 12:00pm – 12:30 pm Wed. 2/14 12:00pm – 12:30 pm Thur. 2/15 12:00pm – 12:30 pm~~



Week 4



~~No events.~~

Week 5

~~Time Management Tips (On Campus C&L 110)~~

~~Never have enough time for studying?~~

~~Learn how you can balance work, college, and family obligations with strategies for scheduling and goal setting.~~

~~Tue. 2/27 12:00pm – 12:30 pm Wed. 2/28 12:00pm – 12:30 pm Thur. 2/29 12:00pm – 12:30 pm~~

Week 6

Test Prep

~~(Online Zoom <https://cccd-edu.zoom.us/j/88941872779>)~~

~~Learn how to gather study materials and set a study schedule. Find out about common test errors and how to avoid them.~~

~~Tue. 3/5~~

~~Wed. 3/6~~

~~Thur. 3/7~~

~~12:00pm – 12:30 pm~~

~~12:00pm – 12:30 pm~~

~~12:00pm – 12:30 pm~~

