

OASIS

Office of Advising Support, Information and Services

Pack Promise Scholars SMART-Shop Series, Spring 2009

We offer a **SMART-Shop Series (Start My Academic Rigor Today!)**, which includes workshops designed to help students enhance their academic performance. Whether you are a straight "A" student or you need help developing new skills, these workshops will highlight strategies that you can incorporate in your day-to-day activities. All Pack Promise Scholars are encouraged to attend at least one of these workshops each semester.

To participate in one of these workshops, e-mail your interest to Samara Fleming Burnette (samara_burnette@ncsu.edu, 515-9768). Please include the date and time you wish to attend.

Location: D.H. Hill Library Learning Commons Presentation Practice Rm (Rm 1145C)

Schedule

Tuesday	3/10/09	10:00-11:00 a.m.	Time Management ¹
Wednesday	3/11/09	3:00-4:00 p.m.	Time Management ¹
Tuesday	3/17/09	10:00-11:00 a.m.	Effective Communication ²
Wednesday	3/18/09	3:00-4:00 p.m.	Effective communication ²
Tuesday	3/24/09	10:00-11:00 a.m.	Speed Reading ³
Wednesday	3/25/09	3:00-4:00 p.m.	Speed Reading ³
Tuesday	4/07/09	10:00-11:00 a.m.	Exam Tips ⁴
Wednesday	4/08/09	3:00-4:00 p.m.	Exam Tips ⁴
Tuesday	4/14/09	10:00-11:00 a.m.	Stress Management ⁵
Wednesday	4/15/09	3:00-4:00 p.m.	Stress Management ⁵

Workshop Descriptions

1. **Time Management**

Do you manage your time well? Are college demands and your personal life too overwhelming? Do you feel that you are in control of what you do? Do you feel you could be productive if you didn't procrastinate? Do you find it hard to motivate yourself to do anything? This workshop will introduce participants to strategies that will help you set time-based goals (both long-term and short-term), lessen procrastination, and manage distractions. It will also give you the to guide self-motivation and personal success.

2. **Effective Communication**

Want to improve your skill in interpersonal communication? This workshop will give you effective interpersonal communication tips and tools to hold conversations with professors, advisers, roommates, and career professionals.

3. **Speed Reading**

Is reading for college a little overwhelming? Do you wish you could absorb information in less time? This workshop will expose participants to strategies to capture information faster and easier. It will expose you the traps of reading at 'speaking speed' rather than 'thinking speed'.

4. **Exam Tips**

This workshop will help participants earn that desired grade gain tips to taking exams. Information will cover discovering what material may be on the test, testing formats, and student role/responsibility the process.

5. **Stress Management**

As finals approach, is your stress level increasing? Are thoughts of challenging exams, limited study time, and social obligations adding extra stress? Stress is a staple in life. The key is to manage it so that it works for you and not against you. In this online workshop, you will learn about how to manage stress more effectively to have a well-balanced college life.

Workshops at a Glance

- **Time Management**
Tuesday, March 10, 2009 at 10:00 a.m.
- Wednesday, March 11, 2009 at 3:00 p.m.
- **Effective Communication**
Tuesday, March 17, 2009 at 10:00 a.m.
Wednesday, March 18, 2009 at 3:00 p.m.
- **Speed Reading**
Tuesday, March 24, 2009 at 10:00 a.m.
- Wednesday, March 25, 2009 at 3:00 p.m.
- **Exam Tips**
Tuesday, April 7, 2009 at 10:00 a.m.
Wednesday, April 8, 2009 at 3:00 p.m.
- **Stress Management**
Tuesday, April 14, 2009 at 10:00 a.m.
Wednesday, April 15, 2009 at 3:00 p.m.