

THE LEARNING CENTER'S "BETTER STUDENT" WORKSHOP SERIES

Pre-registration recommended. All attendees will receive a certificate of participation.

A Note from Your Presenter...

Being in college these days isn't easy. It's not that the classes have gotten tougher; it's that life has become more demanding. Twenty years ago, the average college student was 18-21 years old and only had to worry about one thing: school. Today's students are much more diverse and have many other commitments in their lives.

If you are on a college campus today (which you are!), you'll notice a greater variety of people around you than you would have 20 years ago: people of all ages, races, ethnicities, religions, socio-economic classes, and more. There are more single parents and non-traditional (as in over 21 years old) students than ever before. Most people don't just worry about class—they've got to worry about work, their families, and how to pay the bills and keep things together.

Because of this, being a college student today means that there are unique demands and unique needs to be met. I hope this series of workshops helps to get you off to the right start. All workshops are set for more than one session. However, if one still does not fit your needs, feel free to e-mail me for the handouts.

At Bowling Green Technical College, we're transforming lives and transforming Kentucky, and this series is designed to transform *you* into the best student that you can be!

Sincerely,

Wren Mills

Wren Mills
Assistant Professor, English
Wren.Mills@kctcs.edu

****All workshops are in Building C, Room 3****

Registration is recommended to ensure enough handouts and seats for all participants are available.

Sign up in TLC, send an email to wren.mills@kctcs.edu, or stop by Mrs. Mills's office in C-2 today!

Being a Better Student

Wednesday, August 19: 9:30-10:30am & 12:30-1:30pm
Thursday, August 20: 9:30-10:30am, 12:30-1:30pm, & 3:15-4:15pm

This workshop will help you to get into the swing of what it means to be a college student. Learn how to get to know your instructors, know what is expected of you on the academic side of things, and discuss some important policies to help make your college career the best it can be.

Note-Taking Skills

Monday, August 24: 12:30-1:30pm
Tuesday, August 25: 12:30-1:30pm

Maybe no one ever taught you to take notes or maybe it's just been a while since you've done it— whichever is the case, this workshop will give you some tips and tricks for how to be a better note-taker so that when it comes time to study for quizzes and exams, you can make the most of the precious time you have! (And if you have trouble finding time to study, the next workshop may be for you!)

Time Management Skills

Wednesday, September 2: 12:30-1:30pm
Thursday, September 3: 12:30-1:30pm

This workshop is designed to help you learn to make the most of the time you've got. Regardless of how crazy your schedule may be, there are ways to make sure each item on your daily agenda gets the time it needs—and ways to work in that all-important time for yourself, too!

Study Tips and Test-Taking Skills

Friday, September 4: 9:00-11:00am
Friday, December 4: 9:00-11:00am

This workshop has been scheduled at two important times: before first exams are normally scheduled and right before Finals Week. Come and get some tips on how to make the most of your study time—from some pretty basic ideas to how to study for and answer certain types of questions.

Stress Management

Wednesday, September 16: 12:30-1:30pm
Thursday, September 17: 12:30-1:30pm
Friday, December 4: 8:00-9:00am

Like the Study Tips and Test-Taking Skills workshop, this has been scheduled at strategic times within the semester. Come to this workshop to discuss how to take the stress level in your life down a notch. The workshop will include helpful hints on managing stress as well as a couple of quick and easy-to-do stress relief exercises.