



TEXAS SOUTHERN UNIVERSITY  
COLLEGE of PHARMACY and HEALTH SCIENCES

**TEAM Center Student Workshop Week Calendar for Spring 2019**

Month	Monday	Tuesday	Wednesday	Thursday	Friday
February 18-22	Learn How to Learn GH 106 12:00-1:00pm	Note Taking GH 106 12:00-1:00pm	Time Management GH 106 12:00-1:00pm	Reading Comprehension GH 106 12:30-1:30pm	Test Taking GH 106 12:00-1:00pm
March 18- 21	Note Taking GH 106 12:00-1:00pm	Time Management GH 106 12:00-1:00pm	Learn How to Learn GH 106 12:00-1:00pm	Test Taking GH 106 12:30-1:30pm	Reading Comprehension GH 106 12:00-1:00pm
April 15-18	Test Taking GH 106 12:00-1:00pm	Note Taking GH 106 12:00-1:00pm	Reading Comprehension GH 106 12:00-1:00pm	Learn How to Learn GH 106 12:30-1:30pm	OFF (Good Friday)

## **Workshop Descriptions:**

**Learn How to Learn:** In this workshop, you will learn some reasons why your current study habits prevent you from retaining information and how to develop metacognitive strategies and a format for study that produces deep learning.

**Improving Reading Comprehension:** A discussion on improving reading comprehension with topics that include: the importance of reading course material, how your environment impacts reading comprehension, and methods to improve and retain knowledge after reading.

**Note Taking Skills:** This workshop focuses on developing and improving notetaking skills. You will learn general notetaking strategies, ways to improve your existing notes and specific note taking styles.

**Test Taking Strategies:** This workshop will help you learn test taking strategies to gain greater productivity, improved test scores and less test anxiety.

**Time Management:** Students in this class will learn how to analyze how they spend their time and use a personal planning tool to set priorities.