

Spring 2016 Brown Bag Lunch Series
Every Tuesday and Wednesday
12:00 PM to 1:00 PM in AA-229

January 19 or 20: Ready, Set, Go! Planning Your Semester

One of the things that the most successful students do is to plan out their semester from the start. Don't have experience with that type of planning? Don't worry! This workshop will walk you through the process of mapping out your semester and anticipating your workload. Bring your syllabi and schedules for papers and exams; you will leave with a plan of action that will help you start the semester strong.

January 26 or 27: Improve Your Reading Comprehension

Have you ever felt lost or confused as you tried to complete a reading assignment? This workshop will help you improve your reading comprehension and utilize your textbooks and other reading materials more effectively. The good news is that the special set of skills required for academic reading is something that you can master with practice. The better news is that this workshop will help you do that!

February 2 or 3: Time Management & College/Work/Life Balance

Time management is one of the most challenging aspects of college. Multiple classes, assignments, and deadlines can easily become overwhelming. (Not to mention work, family, and other obligations!) This workshop will offer strategies and tools for prioritizing tasks, working more efficiently, and keeping track of everything.

February 9 or 10: Effective Note-Taking

Does it surprise you to learn that writing down everything in a lecture is actually *not* the best way to take notes? In this workshop, we will present several proven note-taking methods that help students to categorize and analyze the information from their classes, improving comprehension and making study time more effective.

February 16 or 17: How to Write Effective Thesis Statements

What makes an effective thesis statement? A strong thesis statement is the heart of your essay, yet students often struggle to write them. This workshop will cover how to write a clear, specific thesis statement and how to structure your paper to support that thesis. We'll also review sample thesis statements for different kinds of essays.

February 23 or 24: Studying and Testing Strategies

If you get anxious about taking exams, you are not alone! While there's no quick fix for dealing with test anxiety, this workshop will offer concrete tools and strategies that you can use to prepare for your upcoming exams. We will discuss what you can do before, during, and after your exams to put in your best performance.

March 1 or 2: Dealing with Academic Stress

Do you feel like you don't have enough time? Are you dealing with personal issues that impact your academics? Do you work too hard, or not hard enough? Many factors can contribute to stress for college students; work or family obligations and other issues only add to the stress. This workshop will help you ease some of that stress by identifying its source and providing a variety of tools to manage your stressors. We can't fix everything, but we can connect you with time management tools and support systems to help you get through this tough time.

Spring Break

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March 15 or 16: Organizing and Writing a Great Research Paper

Most NOVA students will be required to write a research paper during their studies. What's the process for organizing and writing a great research paper? This workshop will provide information on how to write effective topic sentences, to integrate quotations into body paragraphs, and to use proper in-text citations.

March 22 or 23: The Art of Resilience – Persistence in the Face of Problems

Resilience, or the ability to keep going after experiencing setbacks, helps people succeed in all areas of life. It is also a characteristic that you can build and strengthen. In this workshop, we will identify skills that contribute to resilience. You will learn concrete tools and strategies that you can use to improve your responses to problems that you might encounter.

March 29 or 30: Organizing for College (and Life)

If you've ever felt overwhelmed by the papers, assignments, deadlines, books, and appointments that you, as a college student, need to keep track of, this workshop is for you! We'll discuss strategies for organizing your time, organizing your coursework, and fitting school--with all its demands--into the rest of your life. We will also have specific organization tools for you to pick up and look at, so you can decide if they will help you stay organized.

April 5 or 6: Keys to a Strong Argument Essay

A strong argument essay takes a debatable position on a topic and provides evidence to support that position in subsequent body paragraphs. But how do you create and organize your argument? Attend this workshop to learn the keys to writing a convincing argument essay.

April 12 or 13: Study Activities for Your Learning Style Preferences

Learning style preferences refer to the ways that each person processes new information. For example, some people learn best when presented with visual information, while others strongly prefer verbal instruction. In this workshop we will help you determine your own learning style preferences, and then we'll give you concrete study strategies that work with your innate strengths.

April 19 or 20: Get it Done – Avoiding Procrastination

Do you often find yourself rushing to complete assignments on time, even though you had time to do them earlier? Are you concerned about the amount of work required in college classes? Come to this workshop to learn about why people procrastinate, and get tips and strategies for avoiding procrastination and maintaining focus on the things that are important to you.

April 26 or 27: Getting Ready for Finals

Those comprehensive final exams and papers can be intimidating, but the most successful students use multiple strategies to best prepare. In this interactive workshop, we will help you organize your time so you can finish your papers on time and develop a study plan for your exams. Learn how to study more effectively with concrete tips and strategies that work best for the way you learn.

Presented by the Academic Success Center and the Writing Assistance Center; funded by Student Life. The Brown Bag Workshop Series covers a different topic every week, Tuesday and Wednesday at 12:00 PM. All workshops can be customized and brought into classes or student groups. For more information contact Gwen McCrea at gmccrea@nvcc.edu or 703-575-4708.