

ACADEMIC SUCCESS WORKSHOP SERIES  
SUMMER 2015  
NOVA ALEXANDRIA

The Academic Center for Excellence (ACE) and the Writing Assistance Center (WAC) bring you a workshop series designed to help you succeed in college and beyond. All of our workshops are filled with concrete strategies you can use in your academic endeavors. Check out just one, or attend them all! Contact ACE at 703-845-6363 or WAC at 703-575-4709 for more information.

**The Essential Study Guide**

**Or, How to Study More Effectively So That You Still Have Time to Enjoy the Summer**

What does it mean to “study”? Re-reading your textbook? Re-reading your notes? While those strategies may help, they are probably not the most effective ways to learn and remember new information. Please join us for this interactive workshop focusing on some core study skills – and some surprising ideas – you can use to help you succeed in all of your courses (and leave you time to enjoy the summer).

**Dates:**        *May 28 @ 11:30 AM*  
                  *June 24 @ 11:30 AM*  
                  *July 9 @ 11:30 AM*

*Where: AA-229*

*Presented by: Academic Center for Excellence*

**Get a Grip on Math Anxiety**

Do you have math anxiety? If so, did you know there are ways to manage your anxiety? Here is an opportunity to learn more about effective methods for coping with and managing math anxiety. In this workshop, we will answer your questions about how to approach math class and take tests in an effort to decrease math anxiety.

**Dates:**        *June 10 @ 12:00 PM*

*Where: AA-229*

*Presented by: Academic Center for Excellence*

**Study Skills for Math**

Congratulations on your enrollment in a mathematics course here at NOVA. As you prepare for your class, it is important to recognize that studying for math requires a different set of skills. In this workshop, we will offer strategies that improve the skills needed in order to be a successful mathematics student.

**Dates:**        *June 3 @ 12:00 PM*

*Where: AA-229*

*Presented by: Academic Center for Excellence*

Would you like to attend a workshop, but can't fit it into your schedule? Contact ACE at 703-845-6363 to make a one-on-one appointment with an academic coach!

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**Get it Done! Increasing Focus and Banishing 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 shortened summer sessions? Come to this workshop to learn about why people procrastinate, and to get tips and strategies for avoiding procrastination and maintaining focus on the things that are important to you.

**Dates:** May 27 @ 11:30 AM

June 18 @ 11:30 AM

July 8 @ 11:30 AM

*Where: AA-229*

*Presented by: Academic Center for Excellence*

**Planning and Organizing for the Condensed Summer Session**

Many summer classes are short and work-intensive. Get ahead of the game by planning your summer term from the start. This workshop will walk you through the process. 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. We will also touch on effective time management and organization tools that can help you make the most of your summer.

**Dates:** May 20 @ 11:30 AM

June 17 @ 11:30 AM

July 2 @ 11:30 AM

*Where: AA-447*

*Presented by: Academic Center for Excellence*

**Re-Thinking Reading**

Reading is a central part of a college education; strong reading skills help you in school and beyond. Attend this workshop to improve your reading comprehension, prepare for classes and exams more effectively, and learn about the relationship between reading and writing.

**Dates:** June 9 @ 11:00 AM

*Where: AA-196*

*Presented by: Writing Assistance Center & Academic Center for Excellence*

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May				
18 – 12-week, 1 <sup>st</sup> 8-week, and 1 <sup>st</sup> 6-week Sessions begin	19	20 - Planning and Organizing for the Condensed Summer Session	21	22
25 – NOVA closed for Memorial Day	26	27 - Get it Done! Increasing Focus and Banishing Procrastination	28 – The Essential Study Guide	29
June				
1	2	3 – Study Skills for Math	4	5
8	9 – Re-Thinking Reading	10 – Get a Grip on Math Anxiety	11	12
15 – 2 <sup>nd</sup> 8-week Session begins	16	17 - Planning and Organizing for the Condensed Summer Session	18 - Get it Done! Increasing Focus and Banishing Procrastination	19
22	23	24 - The Essential Study Guide	25	26
29 – 2 <sup>nd</sup> 6-week Session begins	30			
July				
		1	2 - Planning and Organizing for the Condensed Summer Session	3 – NOVA closed for Independence Day
6	7	8 - Get it Done! Increasing Focus and Banishing Procrastination	9 - The Essential Study Guide	10

Northern Virginia Community College makes every effort to accommodate individuals with disabilities. If you need an accommodation to attend a NOVA event, submit your request to [disabilityservices@nvcc.edu](mailto:disabilityservices@nvcc.edu), preferably 14 days in advance.

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