

## SPRING 2012 ACADEMIC SKILLS WORKSHOPS

### Syllabus Management

Learn to use your syllabus as a resource to anticipate and map out your semester.

### Time Management/Procrastination

What are you waiting for? Join us to learn about procrastination and identify how you spend your time.

### Engaging Professors

Are you unsure how to ask for help? Meet professors who are excited to share their insight on how to get the most out of office hours and the lecture experience.

### Memory and Learning; Study Smarter Not Harder

Ever wonder why you can't remember a thing after cramming for a test? Meet a BU Psychology professor and learn how to tailor your study habits to foster real learning, not just short-term memorization.

### Test Preparation/Managing Test Anxiety

Do you have a system in place for preparing for tests? Discussion points will include time management, study skills and managing stress.

### Pressure Points

Come to this discussion and learn how your body and mind react to stressful situations and how to reframe your outlook on managing stress.

### Writing Papers and Writing Assistance

Meet specialists from the ERC's Writing Assistance program, Arts and Sciences Writing Center and the COM Writing Center. Discussion will include attitudes towards writing, interpreting writing assignments and how to best utilize writing assistance resources at BU.

### Brain Food

You made flashcards and highlighted pages of notes, but what did you eat today? Fueling your body for a class can be just as important as learning the material. Meet a nutritionist from the Sargent Choice Nutrition Center and learn how to eat for academic preparedness!

### Test Prep Walk-in Hours in April

We will offer walk-in hours in April to discuss test preparation strategies. Please check the ERC website at <http://www.bu.edu/erc> regularly for updated information.

### Got Sleep

Learn about common sleep issues from both the clinical and wellness perspectives and get your Zzzs.



617-353-7077



[erc@bu.edu](mailto:erc@bu.edu)



[BU ERC](#)



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FEBRUARY 2012				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7:00 p.m. - 8:00 p.m. <sup>1</sup> Syllabus Management CAS 114A	7:00 p.m. - 8:00 p.m. <sup>2</sup> Time Management CAS 114A	<sup>3</sup>
<sup>6</sup>	4:00 p.m. - 5:00 p.m. <sup>7</sup> Engaging Professors CAS 214	5:00 p.m. - 6:00 p.m. <sup>8</sup> Memory and Learning CAS 114A	<sup>9</sup>	<sup>10</sup>
<sup>13</sup>	<sup>14</sup>	4:00 p.m. - 5:00 p.m. <sup>15</sup> Test Prep/Test Anxiety CAS 201	3:00 p.m. - 4:00 p.m. <sup>16</sup> Pressure Points GSU 315	<sup>17</sup>
<sup>20</sup>	<sup>21</sup>	4:00 p.m. - 5:00 p.m. <sup>22</sup> Writing Papers/Writing Assistance CAS 213	5:00 p.m. - 6:00 p.m. <sup>23</sup> Got Sleep CAS 204B	<sup>24</sup>
<sup>27</sup>	<sup>28</sup>	4:00 p.m. - 5:00 p.m. <sup>29</sup> Brain Food CAS 213		