

## Learning Skills Support Services (Health Sciences Institute) will be offering: SPRING 2025 COLLEGE ACADEMIC SUCCESS WORKSHOPS

Attend an on-line College Academic Success Workshop via Zoom where you will learn many ways to improve your academic skills. There are 12 workshops offered for the Spring 2025 semester. To register for a workshop, click the registration link located under the workshop topic. **Once you have registered, you will be sent a zoom invitation 24 hours prior to the workshop date.** **INVITING A CLASSMATE IS ENCOURAGED.** For more information or if you have questions or concerns, email us at [lss@montgomerycollege.edu](mailto:lss@montgomerycollege.edu).

### PLEASE NOTE:

- Four (4) out of the fourteen (12) workshops will be held at a face-to-face location in the health sciences building at the Takoma Park/Silver Springs campus (see below).
- Students have an option to register and attend OR attend by walking in without registering for our face-to-face workshops.

### JANUARY 2025

Friday, 1/31	1:00pm-2:00pm	Note Taking & Effective Study Strategies <a href="#">Zoom Registration</a>	D. Williams
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### FEBRUARY 2025

Wednesday, 2/5	1:00pm-2:30pm	Time Management <b>Face-to-Face Location (HC-227)</b> <a href="#">Registration</a>	D. Williams
Friday, 2/7	3:00pm-4:00pm	Study Tips for Pharmacology <a href="#">Zoom Registration Link</a>	S. Mbella
Tuesday, 2/11	2:00pm-3:00pm	Exam Preparation: Effective Strategies for Success <a href="#">Zoom Registration Link</a>	S. Mbella
Wednesday, 2/12	1:00pm-2:30pm	How to Overcome Test Anxiety <b>Face-to-Face Location (HC-124)</b> <a href="#">Registration</a>	D. Williams
Thursday, 2/13	2:00pm-3:00pm	Test-Taking Skills: Improve Exam Performance <a href="#">Zoom Registration Link</a>	S. Mbella

### MARCH 2025

Monday, 3/3	1:00pm-2:00pm	How To Form Successful Study Groups <a href="#">Zoom Registration</a>	D. Williams
Thursday, 3/6	2:00pm-3:00pm	From Set Back to Comeback: Bouncing Back After An Exam <a href="#">Zoom Registration Link</a>	S. Mbella

### APRIL 2025

Tuesday, 4/1	2:00pm-3:00pm	Study Smarter, Not Harder: Maximize Your Study Session <b>(Face-to-Face Location (HC-121))</b> <a href="#">Registration Link</a>	S. Mbella
Friday, 4/18	1:00pm-2:00pm	Study Skills for Final Exams <a href="#">Zoom Registration</a>	D. Williams
Tuesday, 4/29	2:00pm-3:00pm	Test-Taking Skills: Improve Exam Performance <b>(Face-to-Face Location (HC-121))</b> <a href="#">Registration Link</a>	S. Mbella

### MAY 2025

Friday, 5/2	1:00pm-2:00pm	Finding Balance: Managing Stress Effectively <a href="#">Zoom Registration</a>	D. Williams
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