## SEPTEMBER

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Labor Day No School</td>
<td>Time Management 12 pm</td>
<td>Textbook Comprehension 2 pm</td>
<td>Overcoming Procrastination 11 am</td>
<td>Memory 10 am</td>
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<td>5</td>
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<tr>
<td>Time Management 12 pm</td>
<td>Communication 12 pm</td>
<td>Effective Reading 11 am</td>
<td>Stress Management 11 am</td>
<td>Test Prep 10 am</td>
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<tr>
<td>Textbook Comprehension 12 pm</td>
<td>Overcoming Procrastination 12 pm</td>
<td>Memory 2 pm</td>
<td>Communication 11 am</td>
<td>Listening &amp; Notetaking 10 am</td>
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<td>19</td>
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<td>22</td>
<td>23</td>
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<tr>
<td>Stress Management 12 pm</td>
<td>Test Prep 12 pm</td>
<td>Textbook Comprehension 2 pm</td>
<td>Time Management 11 am</td>
<td>Overcoming Procrastination 10 am</td>
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All workshops are 50 minutes and are held in 2590 WSC. No need to schedule or make an appointment.

Learn the skills you need to succeed at the

### Career and Academic Success Center
2590 WSC  ·  801-422-2689  ·  ccc.byu.edu/casc
Skills Workshops

Academic Skills Workshops

Listening and Note Taking
Come learn effective listening habits for efficient note taking.

Memory
Come learn about memory principles and mnemonics to help you remember more.

Test Preparation
Learn the skills and strategies that can help you take tests more effectively.

Textbook Comprehension (Bring a textbook!)
Use the SQ4R reading method and other techniques to help you study smarter not harder!

Time Management
Gain control of your life by controlling your time! Learn to make the most of your schedule.

Life Skills Workshops

Communication
We will discuss the distinct roles of listeners and speakers and focus on interpersonal communication.

Overcoming Procrastination
Do you procrastinate like the estimated 90% of college students? Learn to combat this destructive habit!

Stress Management
Learn to identify and manage your own stress through relaxation and stress management techniques.

We have discontinued the following workshops but still have the resources to help students find answers to questions relating to:
- Choosing a Major and a Career
- Graduate School Exploration
- Interviewing
- Resume and Cover Letter Writing
- Financial Management

For more information, contact us at: 801-422-2689 or online at ccc.byu.edu/casc