

JUMP START

WORKSHOP DESCRIPTIONS

Unbaffling Biology: Does your biology class seem overwhelming? Come to this workshop to get some tips, tricks, and tools to help you study and master the subject of biology.

Demystifying Math: MATH: you either love it or hate it! If you want to improve your score on your next math exam or learn strategies to overcome that feeling of anxiety this workshop is for you. We will review steps to become a master at studying for math and ways you can overcome that anxiety that always seems to take over your exams.

Is Time Chasing You?: Would you like two or more hours a week? Organizing and controlling your time is the secret. Learn time management strategies to help you put first things first!

EEK! I Freak at Tests: Ever “blank” or panic while taking a test? Do you approach every type of test the same way? If you get queasy and uneasy at the mere thought of taking a test, or your mind just goes blank, this workshop is for you! Learn new test taking skills and strategies for overcoming test anxiety. Participants also will learn special relaxation techniques to help them think clearly and do their best even during stressful test-taking sessions.

Stretch your College Dollars: A Common Sense Approach to Personal Finance: Even though you are probably “a broke college student” today, the financial habits you develop now will shape your financial future. Minimizing personal debt, having a simple budget, and using cash for purchases are some of the habits millionaires learned long before they became rich. Come to this workshop and learn a simple, common sense approach to your finances and begin to develop habits that could help you to become a millionaire one day!

Mid-Semester Blues: Remember when you first began the semester and everything was going great? Do you currently feel unmotivated or need a little push to get you back on track? Learn tips and tricks to get through the rest of the term and increase your motivation to succeed!

Brain Basis (MEMORY): Everything about learning involves the brain. This workshop will provide a basic understanding of how the brain functions in learning and ways that you can best prepare to use your own unique mind.

What Not to Wear: The Learning Style Edition: Could your study strategies use an update? If you're still studying the way you did last semester, and it's not working for you, it could be time for a change. If you know your learning strategies need some work but aren't sure where to begin, then this is the workshop for you. In this workshop, you will find out what your learning style is and develop some ways to study according to your style.

T-I Eight What? Calculator Basics: The first half hour (approximately) will be devoted to the basics: turning the calculator on and off; adjusting the contrast; navigating menus; storing and retrieving values in variables, etc. The remaining two hours will cover the more advanced capabilities: storing, evaluating, and graphing functions; solving equations; finding minimum and maximum values; constructing functions by regression, etc. There will also be time for student questions.

Calculators other than the TI-83 or TI-84 will not be covered in this workshop.

Tweak Your Study Skills: Turn your study skills up a notch! Learn successful study strategies to keep you ahead of the game. Topics include; test taking, reading, time management, etc.

Plagiarism and How to avoid it: Plagiarism is using someone else's words, ideas, or creations without proper acknowledgment of the source. It is important to know what the penalties for plagiarizing are, and how to avoid unintentionally committing plagiarism. In this workshop, you will learn about how to:

- Quote a source correctly, using MLA and APA styles
- Use parenthetical (in-text) citations in your research paper
- Create a list of references (bibliography) at the end of your research paper
- Understand summarizing and paraphrasing and why they should be practiced to strengthen your writing.
- Use our online Plagiarism resources guide, with tutorials, online style guides for MLA, APA and other citation formats, and much more, to help you hand in a better research paper.