



BUNKER HILL COMMUNITY COLLEGE PRESENTS

Steps to Success: Fall 2011 Academic Strategies Series

Free Workshops focusing on choosing a *major*, *writing your resume*, *financial empowerment*, *academic success strategies*, *academic etiquette* and *utilizing the library*.

To Register:

Call the Steps to Success hotline **617-228-2220** OR Email rapidregistration@bhcc.mass.edu
Space is Limited, so Pre-Registration is Encouraged.

CREATING YOUR ACADEMIC TOOLBOX: STRATEGIES FOR ACADEMIC SUCCESS

Academic success is not just about going to class; it is also about what you do outside of class. If you are looking to improve your study skills you should check out this workshop. At this workshop, you will:

- Identify your learning style
- Identify & learn academic strategies for reading and note-taking that are in line with your learning style
- Identify appropriate study environments

Wednesday, September 21 @ 2:00 pm in Room E175
Wednesday, September 28 @ 11:30 am in Room E175
Thursday, October 20 @ 1:00 pm E235A
Saturday, October 22 @ 12:00 pm in D-Lounge
Wednesday, November 2 @ 2:00 pm in Room B206A

OVERCOMING TEST ANXIETY

Do you get butterflies before you take an exam? Do you find that you have not prepared well in advance for your exam? Are you looking to improve your test prep and test taking skills? If you answered yes, to any of these questions, then you should attend this workshop. At this workshop you will learn:

- Strategies to better prepare for exams
- Techniques on taking different types of exams
- How to overcome test anxiety

Thursday, October 6 @ 1:00 pm in Room E235A
Tuesday, October 25 @ 1:00 pm in Room E235A
Wednesday, November 30 @ 2:00 pm in Room E232
Thursday, December 1 @ 1:00 pm in Room B206A
Thursday, December 8 @ 3:00 pm in Room E175

MAINTAINING BALANCE IN LIFE: IMPROVING YOUR TIME MANAGEMENT

Students often find it challenging to juggle their careers, education, home life, and family responsibilities. At this workshop, you will:

- Assess the way your time is currently being spent
- Become aware of how mismanagement of time affects your stress
- Identify a healthier, more peaceful allocation of time for your life

Tuesday, September 20 @ 11:30 am in Room E232
Wednesday, October 5 @ 2:00 pm in Room B206A
Wednesday, October 19 @ 5:00 pm in Room E232
Thursday, October 27 @ 11:30 am in Room E232
Tuesday, November 1 @ 11:30 am in Room E232

I WISH WHAT I KNOW NOW, I KNEW WHEN I WAS IN COLLEGE... LEARNING FROM LIFE'S LESSONS

At this workshop, you will get an inside peek into some of the life lessons college students have learned over the years. You will also gain insight on how to present yourself in and out of class as well as via cell phone and email. Stop by to learn about these valuable lessons:

- Learn from other's educational and personal mishaps
- The Do's & Don'ts of classroom etiquette
- The Do's & Don'ts cell phone and email etiquette

Thursday, September 22 @ 3:00 pm in Room E175

Co-Sponsored by the *Office of Advising/Counseling*, *Admissions*, *the Career Center*, *the Student Access & Success Center at Chelsea* and *the Library & Learning Commons*



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GET WIRED FOR SUCCESS!

Optimize your resources for success at BHCC! Explore how to use the Library and Learning Commons and learn:

- How to get a BHCC Library Card and PIN number to access the BHCC Library Web Page and thousands of materials, both on-campus and from home
- **What Blogs, Wikis, Search Engines, and Scholarly Articles** have to do with the library and your academic success
- **How to Choose Among the Variety of Library Services** offered at BHCC (research appointments, interlibrary loan, count reserves)

Tuesday, September 27 @ 1:00 pm

Monday, October 3 @ 5:30 pm

Saturday, October 8 @ 11 am

Sunday, October 16 @ 11 am

Wednesday, November 2 @ 2pm

Location for Get Wired for Success: E -319

FINANCIAL FITNESS @ BHCC

The financial decisions you make in college can have an impact on how you manage your finances after college. Are you avoiding opening your bills? Using credit cards to manage your bills/finances? Do financial emergencies come up way too often? This workshop will review some of the most common financial challenges that individuals face as college students and hope to offer some quick tips and long-term strategies that may **empower** you and your finances. Bring a current bill, grocery receipt, or latest credit card statement if you want hands on practice.

This workshop is best suited for students who are:

- Working more than 20 hours and are going to school
- Receiving loans for college
- Head of household
- Maxed out on credit cards
- Looking for strategies on how to make your financial aid refund "stretch"

Thursday, September 22 @ 1:00 pm in Room E235A

Tuesday, October 4 @ 2:00 pm in Room B206A

Monday, October 17 @ 5:00 pm in Room E232

Wednesday, November 2 @ 3:00 pm in Room B206A

Friday, November 4 @ 11:00 am in Room B206A

STRESS MANAGEMENT

Feeling stressed out by school, work, and/or personal obligations? Looking for ways to help manage stress, calm anxiety, and balance your lifestyle? At this workshop, you will learn:

- How to identify your stress level
- Relaxation techniques
- Stress management tips
- Stress-reducing activities

Tuesday, September 27 @ 1:00 pm in Room E235A

Tuesday, October 11 @ 5:00 pm in Room E232

Thursday, November 3 @ 1:00 pm in Room B206A

Wednesday, November 9 @ 5:00 pm in Room E232

Wednesday, December 7 @ 1:00 pm in Room B206A

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