

Learning Assistance Center Workshops



The Learning Assistance Center offers the following Education Workshops:

Test Taking Tips

From quizzes to finals if you dislike exams, then this workshop is for you. Learn about positive steps you can take to get the grades you deserve.

Note Taking

Learn a variety of note taking approaches to help you get the most of your classroom lectures. Note taking is a kinesthetic type of learning which allows students to be more hands-on writing down what he/she is listening to during lecture; you can also create a record of your class time just by taking notes.

Study Skills

Study skills are methods, principals, approaches, and strategies, for reviewing and synthesizing class instruction. It is important to familiarize yourself with these concepts to improve and excel in your studies. Honing these skills will not only help you succeed academically, but also through life.

Time Management

This workshop will cover the essentials of time management and show you the value of your time, how to accomplish more with less effort, improve decision making abilities, learn where and how to use your resources, reduce stress, create self-discipline, and offer free time that is necessary for your health.



For more information and to schedule an appointment, please contact Robert Díaz at 562-646-7750.