

Academic Skills Boot Camp

Friday January 6, 2012 from 11am-3pm

Do you have the skills it takes to be a successful student?

Are you achieving the grades you want?

Want to feel less stressed and more organized?

The Counselling Centre's Student Success Coordinator is offering an interactive seminar on developing university level Academic Skills and Learning Strategies to help students reach their academic potential.

Topics include:

Time Management and Goal Setting

Preparing for Tests & Exams

Note Taking

Concentration & Memory

Test/Exam Strategies

Stress Management

\$25 Participation fee

Cash, cheque or money order will be accepted as payment.

**Contact The Counselling Centre at counselling@smu.ca or
phone 420-5615 to sign up.**