

UNIVERSITY of HOUSTON

LEARNING AND ASSESSMENT SERVICES
Learning Support Services

LSS Workshops Fall 2013

Location: N112 Cougar Village 1 (building 563)

Length: 50 minutes. Please be on time. No admittance after 5 minutes past the hour.

Register: "Workshop Signup" at www.las.uh.edu/lss. Workshop Sign-up will begin on August 1, 2013

On-line registration is necessary to obtain a spot.

Problems registering? Call Laura Heidel 713-743-5439 or Jason Yu 713-743-1223

	Week	Topic	Time #1	Time #2
Get your Semester off to a Good Start	1	Transfer Student Success	Mon. 8/26 @ 5 pm	Thurs. 8/29 @ 5 pm
	1	Freshman Student Success	Tues. 8/27 @ 10 am	Thurs. 8/29 @ 1 pm
	2	Transfer Student Success	Tues. 9/3 @ 10 am	Sat. 9/7 @ 11 am
	2	Freshman Student Success	Wed. 9/4 @ 1 pm	Thurs. 9/5 @ 3 pm
	2	Goal Setting	Thurs. 9/5 @ 2 pm	Fri. 9/6 @ 11 am
	2	Note Taking	Wed. 9/4 @ 5 pm	Thurs. 9/5 @ 10 am
	3	College Level Reading	Tues. 9/10 @ 11 am	Wed. 9/11 @ 2 pm
	3	Overcoming Procrastination	Mon. 9/9 @ 3 pm	Thurs. 9/12 @ 3 pm
	4	Improving Concentration	Tues. 9/17 @ 11 am	Thurs. 9/19 @ 1 pm
	4	Time Management	Thurs. 9/19 @ 4 pm	Wed. 9/18 @ 2 pm
	4	Time Management	Sat. 9/21 @ 11 am	
	Mid Semester Test Preparation	5	Studying For Natural Science Courses	Mon. 9/23 @ 10 am
5		Study Groups	Wed. 9/25 @ 2 pm	Fri. 9/27 @ 4 pm
5		Reading for STEM majors	Mon. 9/23 @ 3 pm	Tues. 9/24 @ 11 am
6		Improve Your Memory	Wed. 10/2 @ 2 pm	Fri. 10/4 @ 10 am
6		Reading Online Texts	Tues. 10/1 @ 1 pm	Wed. 10/2 @ 4pm
6		Reducing Test Anxiety	Mon. 9/30 @ 2 pm	Thurs. 10/3 @ 4 pm
7		Writing Research Papers	Mon. 10/7 @ 3 pm	Thurs. 10/10 @ 3 pm
7		Learning Beyond Memorizing	Mon. 10/7 @ 10 am	Thurs. 10/10 @ 10 am
Ending the Semester Successfully	8	Test Preparation	Tues. 10/15 @ 9 am	Wed. 10/16 @ 2 pm
	8	Overcoming Procrastination	Mon. 10/14 @ 11 am	Fri. 10/18 @ 3 pm
	9	Ending the Semester Successfully	Mon. 10/21 @ 1 pm	Fri. 10/25 @ 1 pm
	9	Critical Thinking	Tues. 10/22 @ 11 am	Wed. 10/23 @ 4 pm
	10	Giving Professional Presentations	Tues. 10/29 @ 1 pm	Wed. 10/30 @ 5 pm
	11	Getting Organized	Tues. 11/5 @ 1 pm	Wed. 11/6 @ 1 pm
	12	Motivation	Mon. 11/11 @ 3 pm	Thurs. 11/14 @ 11 am
	12	Improving Your Memory	Tues. 11/12 @ 1 pm	Tues. 11/12 @ 5 pm
	12	Improving Your Memory	Fri. 11/15 @ 3 pm	
	13	Coping with Finals	Wed. 11/20 @ 11 am	Fri. 11/22 @ 10 am
13	Time Management	Wed. 11/20 @ 3 pm	Sat. 11/23 @ 11 am	
14	Meditation to Deal with Academic Stress	Tues. 11/26 @ 9 am	Tues. 11/26 @ 1 pm	
15	Coping with Finals	Mon. 12/2 @ 10 am	Tues. 12/3 @ 10 am	
15	Overcoming Procrastination	Wed. 12/4 @ 3 pm	Thurs. 12/5 @ 11 am	

** Workshops will be added when necessary throughout the semester. Please visit the "Workshops Signup" link on the LSS website www.las.uh.edu/lss for the most up to date information.

SPECIALTY WORKSHOPS

Attention Deficit Disorder Workshop Series

Do you have Attention Deficit Disorder? Then this workshop series is for you.

Learn new skills to help with concentration and time management, and get tips from other students in a fun, supportive atmosphere.

Contact Laura Heidel, Ph.D. to register at 713-743-5439 or lheidel@uh.edu

ADD: Time Management Part 1	Tues. 9/10 @ 4 pm	Rm. N112
ADD: Time Management Part 2	Tues. 9/17 @ 4 pm	Rm. N112
ADD: Concentration Part 1	Tues. 9/24 @ 4 pm	Rm. N112
ADD: Concentration Part 2	Tues. 10/1 @ 4 pm	Rm. N112
ADD: Study Skills for your particular classes	Tues. 10/8 @ 4 pm	Rm. N112
ADD: Organizing your academic/home materials	Tues. 10/15 @ 4 pm	Rm. N112

Graduate Student Workshop Series

Are you a graduate student? This workshop series is just for you. These topics are tailored to meet the needs of graduate students of all disciplines. Come learn valuable information and meet other graduate students.

To register contact Laura Heidel, Ph.D. at 713-743-5439 or lheidel@uh.edu

Preparing for comprehensive/qualifying exams	Thurs. 10/17 @ 4 pm	Rm. N112
School/Life balance- you mean there is life outside of school?	Tues. 10/22 @ 4 pm	Rm. N112
Using APA Writing Style Effectively	Mon. 10/28 @ 4 pm	Rm. N112
Preparing a research article for publication	Wed. 11/6 @ 3 pm	Rm. N112