



TEXAS TECH UNIVERSITY

Student Disability Services

Division of Student Affairs

Fall 2009 Seminars

Pick a topic, pick a date, pick success!

Navigating College Life: Your personal GPS
August 27, 1:30-2:30pm, SUB Red Raider Lounge

You've been planning for this new adventure for years... now you are here... what do you really need to know to survive? From laundry to tips for academic success this session will help get you on your way. Free food will be provided and the first 50 people will receive a Texas Tech laundry bag.

All Seminars Below Are Held in 242 West Hall from 3:00-4:00 p.m.

Time Management: September 1, 2, or 3

Classes, homework, student organizations, friends, family, volunteer work – whew! After all of this, you may be asking yourself, “Where does all the time go?” If you need to find ways to better manage your busy schedule, this workshop is for you. We'll review different time management tools and tips to help you reach your goals.

What Did I Just Read: Effective Textbook Strategies: September 8, 9, or 10

Long chapters with not a lot of time to read them...sounds familiar huh? Being able to effectively read a textbook is a necessary tool for success as a college student. This workshop will give you pointers on how to get the most from your textbook by learning specific techniques for reading with a focus on retaining what you read. Students should bring a currently used textbook to the workshop.

Note Taking: September 15,16, or 17

Do you find yourself getting frustrated in class while you are trying to take notes? If so, join us for some tips on how to begin taking notes like a pro! Focused on improving note taking skills with simple suggestions, this workshop will allow participants to practice different note taking techniques. Participants will have fun while learning new strategies for effective note taking in a classroom setting.

The “Write” Stuff: Reducing Writing Anxiety: September 22, 23, or 24

Does the thought of writing a paper make you break out in a cold sweat and hives? If so, this is the workshop for you! Participants will leave with concrete strategies and techniques to help conquer this anxiety and write the best paper possible. Learn how to handle writing assignments and use your writing as a way to improve your overall grade.

Maximizing Memory for Academic Success: September 29, 30, or October 1

Do you feel that you have a horrible memory? You may just have some less-than-effective habits when it comes to taking in and processing information. Memory is a “use it or lose it” ability. Learn how to improve your ability to memorize and take away mind tools to help you master those classes and exams that require memorization.

Office Suite: October 6, 7, or 8

Do you need some help being more efficient in your projects and papers? Come to this workshop to learn the ins and outs of Word, Excel, and Powerpoint; it could be the difference between an A and a B.

Tackling Tough Classes: October 20, 21, or 22

Some courses are tougher than others. Whether it is the subject matter or a professor who sees things different than you do, we have all been in this situation. This workshop will provide insight, strategies and tips for being proactive in a tough course.

Surviving the Stacks: Using the University Library’s Resources: October 27, 28, or 29

Most students rarely enter the University Library and know it only as “that radiator-looking building”. However, inside the library are great resources for research papers and projects. The library should not be seen as a building to avoid, but as a great resource for students. This workshop will provide students with a how-to guide of the library and its resources.

The Next Step: Life After College: November 3, 4, or 5

So what do I do after I graduate from Texas Tech? Whether you are thinking about a job or graduate school after college, the process to get there starts now. This workshop will provide insight from the people that have been there and will guide you through to...the next step.

Surviving Your Finals: November 10, 11, or 12

Are finals stressing you out? Come find out practical ways to survive your finals. Learn ways to manage your stress and last minute study tips.

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