Kortschak Center for Learning and Creativity
PRESENTS

SKILL-BUILDING FOR SUCCESS

Join us for our skill-building workshop series from 10 - 11am PDT on Tuesdays – Fridays until the end of the semester!

Each week KCLC Academic Coaches will presenting virtually via Zoom on the weekly topics listed below.

**WEEK 1**
(APRIL 7TH – APRIL 10TH)
**Online Learning STRATEGIES**
Learn how to establish a functional workspace, add structure to your day and enhance motivation during this time of transition to distance learning.

**WEEK 2**
(APRIL 14TH – APRIL 17TH)
**Time Management TECHNIQUES**
Discuss methods of improving your scheduling, prioritization, assignment completion, concentration, productivity and goal setting.

**WEEK 3**
(APRIL 21ST – APRIL 24TH)
**Stress Management TIPS**
Understand how you experience stress and explore various ways to cope. Application of stress reduction techniques will be practiced!

**WEEK 4**
(APRIL 28TH – MAY 1ST)
**Test-Taking TACTICS**
Improve your exam preparation skills by exploring different methods of learning, studying and actually taking the test, which can be implemented before, during or after the exam.

Zoom link: https://usc-hipaa.zoom.us/j/4444089325