

STUDENT SUCCESS WORKSHOP SERIES

Fall 2017



MEDICINE HAT COLLEGE

A SERIES OF FREE, DROP-IN SESSIONS OFFERED TO DEVELOP YOUR PERSONAL AND ACADEMIC SKILL SET.

*MINDFULNESS MEDITATION & STRESS RELIEF WORKSHOPS LOCATED IN ROOM C233. ALL OTHER WORKSHOPS TAKE PLACE IN THE LIBRARY.

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11	12 Mindfulness Meditation (10AM) Time Management (1PM)	13 Effective Studying (1PM)	14 Budgeting (10AM)	15
18	19	20 Time Management (10AM) Stress Relief (1PM)	21 Using Images, Video, and Music in Your Assignment (10AM)	22
25	26 Evaluating Information (1PM)	27 Essay Structure (10AM)	28 Stress Relief (10AM) Test-Taking Tips (1PM)	29

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10 Career Expo Prep (10AM) Time Management (1PM)	11 Finding Scholarly Articles (10AM) Mindfulness Meditation (1PM)	12 Exam Study Plan (10AM) APA: Avoiding Plagiarism (1PM)	13
16	17	18	19	20
23	24 Effective Studying (10AM) Using Images, Video, and Music in Your Assignment (1PM)	25 Thesis Development (10AM)	26 Stress Relief (10AM) Time Management (1PM)	27
30	31			

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NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7 Finding Scholarly Articles (10AM) Test-Taking Tips (1PM)	8 Mindfulness Meditation (10AM) APA: Avoiding Plagiarism (1PM)	9 Effective Studying (10AM) Resumes (1PM)	10
13	14	15	16	17
20	21 Evaluating Information (10AM) Thesis/Common Errors in Essays (1PM)	22 Drop-in Resumes (10AM) Exam Study Plan (1PM)	23 Test-Taking Tips (10AM) Stress Relief (1PM)	24
27	28	29	30	31