

# Study Skills Workshop

FALL 2025

Wednesdays: 12:00pm-12:40pm

Study Skills Workshops are designed to improve your learning skills and help you achieve your academic goals.

REGISTER  
HERE



## **August 27th: Learn How You Learn and Understand Your Learning Style/Time Management**

Learn how you take in and process information best.

## **September 10th: Help is Here: Finding Your Academic Support Squad**

Getting the Most Out of Tutoring and Campus Resources.

## **September 24th: Goals that Stick**

Set realistic academic goals and explore what keeps you motivated to stay on track throughout the semester.

## **October 8th: Study Space, Study Power**

Creating a Study Environment that Works for You.

## **October 22nd: Test-Taking Strategies for Success**

Using Practical Tools to Boost Exam Performance.

## **November 5th: Fuel Your Brain**

Health & Learning: The Role of Exercise and Nutrition.

## **November 19th: Speak Up, Level Up**

Advocating for Yourself in the Classroom.

## **December 3rd: Breathe, Focus, Repeat**

Stress Management & Mindfulness Techniques

Need a disability-related accommodation to attend an event?  
Call (951) 487-3305 or email [ada@msjc.edu](mailto:ada@msjc.edu) at least five days prior to the event.

**MSJC** | Mt. San Jacinto College  
Personalized Academic Learning Skills (PALS)

