

Learn to study &
IMPROVE
YOUR GRADES!

Brain Training

Fall 2025 Schedule

Tools of the Brain

The human brain is a powerful thing-learn how your brain works to take full advantage of it.

**Mon Oct 6, 2-3 pm
SW 103**

-AND-

**Thur Oct 9, 7-8 pm
online via Zoom**

-AND-

**Tues Oct 14 12-1 pm
SW 103**

Effective Studying

There's a lot more to studying than reading your notes. Learn how to study effectively so the knowledge is there when you need it.

**Mon Oct 13, 2-3 pm
SW 103**

-AND-

**Thur Oct 16, 7-8 pm
online via Zoom**

-AND-

**Tues Oct 21, 12-1 pm
SW 103**

Beat Procrastination

We all suffer from procrastination-learn time management skills to get your work done and maximize free time. Don't wait until later!

**Mon Oct 20, 2-3 pm
SW 103**

-AND-

**Thur Oct 23, 7-8 pm
online via Zoom**

-AND-

**Tues Oct 28, 12-1 pm
SW 103**

Conquer Exams

Not a good test-taker? You don't have to be. Learn how your brain responds to stress so you can perform under pressure.

**Mon Oct 27, 2-3 pm
SW 103**

-AND-

**Thur Oct 30, 7-8 pm
online via Zoom**

-AND-

**Tues Nov 4, 12-1 pm
SW 103**

**Register now for Zoom links,
updates, and reminders →**

