

COUNSELLING WORKSHOP SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 18th – 22nd	12:00 Time Management 18	12:00 Understanding Learning Styles 19	11:00 Interview Preparation 12:00 Note Making 20	12:00 Learning & Study Strategies 21	12:00 Common Cents: Managing your Money 22
JANUARY 25th – 29th	11:00 Understanding Learning Styles 12:00 Acing Multiple Choice Tests 25	12:00 **Résumé Polish (Bring your Résumé) 26	12:00 Learning and Study Strategies 1:00 Succeeding in your Second Career **for Second Career Students 27	12:00 Succeeding as a Mature Student 1:00 Stress Management 28	12:00 Note Making 29
FEBRUARY 1st – 5th	11:00 Studying with Children Around 12:00 Learning & Study Strategies 1	12:00 Acing Multiple Choice Tests 2	12:00 Common Cents: Managing Your Money 1:00 Understanding Learning Styles 3	12:00 Interview Preparation 4	12:00 **Résumé Polish (Bring your Résumé) 5
FEBRUARY 8th – 12th	12:00 Countdown to Midterms 1:00 Understanding Learning Styles 8	12:00 Stress Management 1:00 What's What: Get organized 9	11:00 Interview Preparation 12:00 Learning & Study Strategies 10	12:00 Sleep Better: Work Smarter 11	12:00 Stress Management 12
FEBRUARY 15th – 19th	FAMILY DAY COLLEGE CLOSED 15	12:00 Learning & Study Strategies 16	12:00 Acing Multiple Choice Tests 1:00 **Résumé Polish (Bring your Résumé) 17	12:00 Stress Management 18	12:00 Common Cents: Managing your Money 19
FEBRUARY 22nd – 26th	12:00 Stress Management 22	12:00 Acing Multiple Choice Tests 23	24	25	26

All sessions are 1 hour and FREE!!

Register at the PAL Centre: room -121A

Check our Webpage for resources and services: <http://www.georgebrown.ca/saffairs>

"I use not only all the brains I have, but all I can borrow." Woodrow Wilson