

Brain Training

Learn to study smarter and improve your grades!



Tuesdays and Wednesdays

February 20 - March 20

Tuesday Sessions: 1-2 pm, in-person, Science West room 103

Wednesday Sessions: 8-9 pm, virtual, on Zoom (scan QR code to register and get link sent via email)

Scan to register!



Four virtual workshops, each with a different focus!

**February
20 + 21**

Tools of the Brain

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

**February
27 + 28**

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.

**March
5 + 6**

Beat Procrastination

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

**March
19 + 20**

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.

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