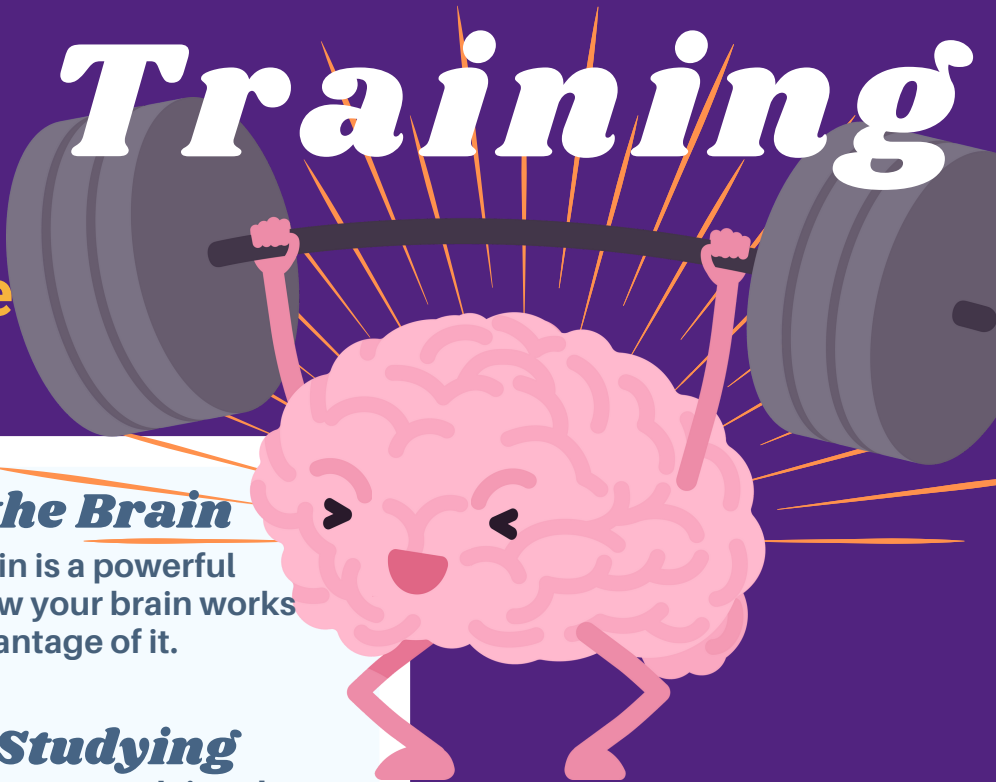


# Brain Training

Learn to study smarter and improve your grades!



**September**  
**27 + 28**

## ***Tools of the Brain***

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

**October**  
**4 + 5**

## ***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.

**October**  
**11 + 12**

## ***Beat Procrastination***

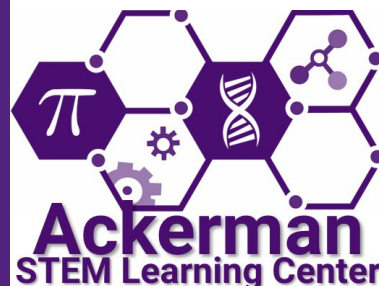
We all suffer from procrastination - learn time management skills to get your work done and maximize free time. Don't let it wait until later!

**October**  
**18 + 19**

## ***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.

Brought to you by



Four virtual workshops, each with a different focus!

Wednesdays at 2:00 pm  
Thursdays at 8:00 pm

All online

## ***Sign up through Accudemia:***

1. Sign into [montgomerycollege.accudemia.net](https://montgomerycollege.accudemia.net)
2. Select "Appointments" then "Create New Appointment"
3. Select "03. Virtual STEM Learning Center"
4. Select "Online Workshops"
5. Select a course
6. Select a Brain Training workshop

