



**Student Academic  
Services  
SAS**

In addition to tutoring, testing and academic support services,  
the Center for Academic Development and  
Assessment (CADA) offers  
Learning Competencies Workshops to Montclair State University  
students.

*Center for Academic  
Development and Assessment*



**THE FIRST  
SERIES  
OF  
LEARNING  
COMPETENCIES  
WORKSHOPS**

*FALL 2009*

**To Sign Up for Workshops:**

- Visit our Center at Morehead Hall, Room 141
- Call Us at (973) 655-5425/4364
- Register On-Line:

<http://mis-app/cadaws/index.jsp> (on campus)

**Time Management and Study Skills**

Explore the benefits and importance of making appropriate use of time. Learn how to get the most out of reading, along with the application of note taking strategies.

Time	Date
10:00-11:00 am	Wednesday, 9/16/09
4:30-5:30 pm	Wednesday 9/16/09

**Memory and Learning Styles**

Discover your own learning style that could help you remember new information.

Time	Date
10:00-11:00 am	Wednesday, 9/23/09
4:30-5:30 pm	Wednesday, 9/23/09

**Morehead Hall, Room 141**

**Managing Test Anxiety/Test Taking Strategies**

Is test anxiety a barrier to your academic success? Learn tips for coping with test anxiety.

How good are you at taking short answer, multiple choice and essay exams? How could you avoid making the same test taking mistakes and improve your grades?

Time	Date
10:00-11:00 am	Wednesday, 9/30/09
4:30-5:30 pm	Wednesday, 9/30/09

**Morehead Hall, Room 141**