

Learn to study &
IMPROVE
YOUR GRADES!

Brain Training

Spring 2025 Schedule

Tools of the Brain

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

February 10, 3-4 pm
Ackerman STEM Learning
Center SW 103
-Or-
February 13, 6-7 pm
online via Zoom

April 14, 3-4 pm
Ackerman STEM Learning
Center SW 103
-Or-
April 17, 6-7 pm
online via Zoom

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.

February 17, 3-4 pm
Ackerman STEM Learning
Center SW 103
-Or-
February 20, 6-7 pm
online via Zoom

April 21, 3-4 pm
Ackerman STEM Learning
Center SW 103
-Or-
April 24, 6-7 pm
online via Zoom

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!

February 24, 3-4 pm
Ackerman STEM Learning
Center SW 103
-Or-
February 27, 6-7 pm
online via Zoom

April 28, 3-4 pm
Ackerman STEM Learning
Center SW 103
-Or-
May 1, 6-7 pm
online via Zoom

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.

March 3, 3-4 pm
Ackerman STEM Learning
Center SW 103
-Or-
March 6, 6-7 pm
online via Zoom

May 5, 3-4 pm
Ackerman STEM Learning
Center SW 103
-Or-
May 8, 6-7 pm
online via Zoom



Register now for Zoom links, updates, and reminders →

