Moorpark College ACCESS presents....

Spring 2021 Workshops

Time Management & Goal Setting with Christina
Learn self-management strategies and how to set goals for school & life
**Tuesday, January 26th: 4pm-5pm**

Textbook Reading/Note-Taking with Hadar
Increase textbook comprehension and annotation skills.
**Wednesday, February 3rd: 4pm-5pm**

Taking Notes & Getting Organized for Remote Learning with Christina
Learn how to take notes and stay organized
**Tuesday, February 9th: 11am-12pm**

Test-Taking in Canvas & Beyond with Christina
Best methods for taking tests in Canvas & remotely
**Tuesday, February 23rd: 11am-12pm**

Staying Motivated Learning Remotely with Christina
Learn motivational strategies to finish the semester strong
**Tuesday, March 16th 11am-12pm**

Memory Tricks for Testing with Hadar
Learn tricks on how to memorize better and improve memory.
**Wednesday, March 31st: 4pm-5pm**

Reducing Anxiety for Life & Tests with Hadar
Anxiety, its causes, and ways to overcome it.
**Wednesday, April 14th: 4pm-5pm**

How to Ace your Finals with Hadar
How to study and be successful for finals
**Wednesday, May 5th: 4pm-5pm**

Weekly Check-in and Workshops
Presented via Zoom
https://cccconfer.zoom.us/j/96442419914
Meeting ID: 9644 241 9914
Password: 356118

Weekly Student Check-In
Every Wednesday
11:00am-12:00pm
Meet, Get Support, Connect and have Fun Conversations with your Peers and ACCESS staff.

ACCESS Phone: 805-378-1461 Email: MCACCESS@vcccd.edu
*for interpreting services contact Shyan Diaz-Brown*