

Study Skills Workshops 2019



Sponsored by PVPHS PTSA

Instructor: Prof. Lee Douglas

Associate Professor of Study Skills, Long Beach City College

Dates: Tuesdays: **October 1st, 8th, 15th, 22nd**
4:00 p.m. – 6:00 p.m.

Location: Palos Verdes Peninsula High School

Cost: \$100 for a series of 4 sessions. Bring paper & pen.

Lesson 1: Listening and Note Taking Skills

Do you doze in class? Do your notes look as if you took them in your sleep? Learn some easy techniques that are sure to improve your grades. Topics include: Improving listening skills, different methods of note taking for specific courses and tests, understanding main concepts in lectures and organizing notes.

Lesson2: Memory Techniques and Time Management

Do you study for a test and then go “blank” when taking it? Are you a procrastinator when it is time to study, write a report, or do something else that you don’t want to do? Topics include: How to study and retain information, how to budget your time wisely and how you can do all of the things you need to do and still have time for fun.

Lesson 3: Test-Taking Skills

How would you like to “ace” your next test? Topic include: Perfecting educated guesses, alternating study techniques, developing an organized system or study and time management and understanding theories of memory and learning.

Lesson 4: Study Techniques

Too much work and not enough time? Learn some successful techniques to get more done in a shorter period of time. Topics include: Understanding what is required of you in school/college, the politics of the classroom, effective time management, memory techniques and concentration techniques.

To enroll, complete the form below and attach a check for \$100, payable to PVPHS - PTSA

If class is filled prior to receipt of your check, you will be contacted by email and your check will be returned. Enrollment is limited to 35 students for each session. Confirmation will be sent by email -- please print clearly.

There will be no refunds for missed sessions-please mark the dates on your calendar!

Please place the completed form below and your payment in the “Study Skills” form box in the gym at Registration/Late Registration. Keep this part for your records.

If enrolling after school begins, please bring this form and your payment to the Hawthorne Office.

Questions? Please contact us via e-mail at pvphsptsa3vp@gmail.com

Tear off

STUDY SKILLS WORKSHOPS FALL 2019

Enclose a check for \$100 payable to PVPHS PTSA

Tuesdays-October 1, 8, 15, 22 (4-6pm)

(Please print clearly)

Student's Name _____ Grade _____

Address _____ City/Zip _____

Parent's email _____ Phone _____