

## Life and Study Skills For College Success

Presented by Christel Milak-Parker, M.Ed. and Karen J. Rooney, Ph.D.

This interactive workshop is for high school graduates going to college for the first time or returning college students hoping to optimize their college experience.

Christel will lead the first portion of the workshop and discuss the following topics based on the best selling books *Making College Count*, *College Survival*, *College in a Can* and *The 7 Habits of Highly Effective People*:

The key differences between high school and college

The ten biggest time wasters in college

The 40-hour college week-the key to success

What to do when you are overwhelmed

Strategies for conflict resolution

Networking and socializing: components of a complete education

Karen will conduct the second part of the workshop and teach the most important study strategies needed to excel in college. Based on the award winning program *Independent Strategies for Efficient Study* and research on the strategies used by successful college students, the following topics will be covered:

Ways to make the increased workload more manageable

Time management strategies for college level work

Notetaking for assigned reading and lecture presentation

How to prepare for tests/exams

Strategies to organize essays/reports

What to do if course test scores are low

Date: July 24. Location: 3801 Parham Road, Suite 200A, Richmond, VA 23294

Time: 10:00am – 4:00pm (box lunch and drinks provided)

Fee: \$475. Space is limited to 10 students

Please call 747-1883 or 370-8538 if you need more information. Registration forms are available on [www.collegeconnections.net](http://www.collegeconnections.net) or [www.krooney.com](http://www.krooney.com).