

Academic Boost Camp 2012

Surrey Program

9:30 am to 3:30 pm
Saturday, February 18, 2012
Fir Building

Time		Who	Location
9:30 - 10:00	Registration and sign-in, coffee and muffins	Learning Centre Staff	Fir Building Room D 124
10:00 - 10:15	Welcome and warm up activity	Learning Centre	D 124
10:15 - 11:30	How did I get here and what does it mean?	Counsellors	D 124
11:30 - 11:40	Break	All	D 124
11:40 - 12:40	Never enough time? Time management	Counsellors	D 122
12:40 - 1:10	Lunch <i>(lunch provided)</i>	All	D 124
1:10 - 2:10	A. Remember this! Boosting your memory B. Do it now! How to stop procrastinating and start studying C. Do you know you where you are going? Find your career direction!	Learning Centre Counsellor Counsellor	Room D 116 Room D 118 Room D 120
2:10 - 2:15	Break		
2:15 - 3:15	A. "I bought the textbook, now what?" B. Sleep your way to success C. You must be choking: a new take on test anxiety	Learning Centre Counsellor Counsellor	Room D 116 Room D 118 Room D 120
3:15 - 3:30	Evaluations and closing remarks	All	D 124

Schedule is subject to change. Please note that the workshops may be cancelled due to low enrolment.