Workshop Descriptions

Exam Preparation Tips & Test-Taking Strategies (Interactive Online)
During this workshop students will learn strategies that will be helpful in giving you a better chance of passing a difficult exam. You will also learn about what causes fear and anxiety when taking an exam or quiz.

Using a Daily Planner Effectively-Time Management Workshop
Do you have too much to do and not enough time to complete everything? Time management is essential when it comes to balancing life, school, family, etc. Come learn how to manage your life by prioritizing your time. Students who manage their time well are known to be more productive and successful individuals! Stop by to learn how to effectively use your daily planner.

Library Research Paper Workshop-How to Start a Research Paper
Does the thought of writing a research paper get you down? This workshop will show you how to navigate the library’s online resources and how to put a research paper together. Come learn lots of time-saving tips and get acquainted with the many resources your campus library has to offer!

Effective Communication Techniques by Building Relationships with Professors
Do you have difficulty expressing your ideas to others? Would you like to learn how to overcome barriers to communication? This workshop will provide you with ideas on how to become a better communicator and techniques to help you build a positive and effective relationship with your instructor.

Learning Strategies Every Student Should Know (Interactive Online)
Having difficulty transitioning from high school to college? This workshop will provide you with strategies that will help you to transition into college learning mode versus high school learning mode.
**Financial Aid Workshop** - Discuss Scholarships Opportunities & Semester Requirements
Do you want to get a head start on scholarships for the upcoming academic year? Could you use some tips on how to increase your chances of receiving an award? Are you curious about scholarship opportunities to help you study abroad, do research, or develop your leadership skills? This workshop will provide an overview of scholarship search resources and focus on current financial aid status requirements. Be sure to bring any questions you may have concerning Financial Aid!

**The Art of Note Taking** - Note Taking Skills Workshop
The note taking skills you need may vary from course to course, but good basics will give you a solid start to taking notes that are useful to you when you review. Join us for a fun, interactive workshop where you will explore various note taking methods.

**Student Leader Panel** - What Successful Students Do
Come learn about the habits, attitudes, and creative strategies that highly successful OBU students utilize. Get tips on study strategies, life management, and overcoming setbacks from peers who have excelled at OBU.

**Calculator Workshop** - Focus: Intermediate & College Algebra
Come learn tips to survive Algebra this semester! Your calculator can quickly and easily become your friend, and it's a great tool for checking answers! The TI 84 calculator will be used during this workshop to help master basic calculator skills. Learn time-saving tricks that your instructor might not provide to you!

**Tips for Taking Online Classes**
Are you taking or thinking about taking an online course? This workshop will provide you with information on what to expect from online courses. We will also discuss ways to be successful in this learning environment.

**Overcoming Procrastination: Causes & Cures (Interactive Online)**
In this workshop you will find that procrastination gets in the way of you achieving your goals and time management. This workshop will help you overcome procrastination and get you on to controlling this destructive habit.

**Degree Planning Workshop**
Have you completed your degree plan in INFO yet? Come learn the basics….. This workshop is designed to give students a hands on experience and a basic overview of how to create a degree plan.

**Tackling Test-Taking Anxiety**
Do you feel stressed at the thought of an upcoming test? Learn some techniques to help you stay calm and confident. You will also learn some test-taking strategies to help you better prepare for your tests.

**Stress Management Techniques (Interactive Online)**
Some of the biggest stress factors can be, completing assignments, creating a time management schedule, balancing school versus social life and getting to class on time. This workshop will help you make healthy choices and manage the causes of stress that impact your life.

**Staying Healthy During Flu Season**
Every year, the flu spreads across college campuses nationwide. Close living quarters, shared restrooms, and a lot of social activities make a college student more likely to catch the flu. Come learn how to be healthier and stay well through adequate sleep, balanced eating, and exercise.

**10 Tips for Success in Your Online Course (Interactive Online)**
Is online learning for you? This workshop will help you determine if taking online classes is right for you. Self-starters versus someone who relies on others will be more successful in an online class. Come learn vital tips that will increase your chances of success in an online course.

**Avoid the Finals Meltdown**
With finals just around the corner; stress levels are starting to rise! No matter how much you prepare, there’s always that feeling of doom hanging over your head as finals week nears. Come join us for tips on how to avoid the finals week meltdown.