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CHECK IT OUT!

**THE VALUE
THE LOOK**

Mark's Work Wearhouse



1134 SMYTHE ST. KMART PLAZA

459-8866

Mon.-Sat.
10 a.m.-10 p.m.

The Post Holiday Blues Workshop Series

The Writing and Math Centre offers the following Saturday workshops--to help you counter the after Christmas blues (remember first term grades). If your Christmas marks were not up to scratch, these sessions can literally save your year! Get a fresh start in the New Year; sign up for:

Note-Taking and Study Strategies 15 January 1994 9:30 am - 12:30 pm \$7.
This session will introduce you to effective study and note-taking strategies that will help you organize lecture and textbook information.

Time Management for Students 22 January 1994 9:30 am - 12:30 pm \$7.
Can't seem to find enough hours in a day? This session is designed for you. Learn to balance heavy academic demands with personal, family, work, and other interests and responsibilities. Begin the term right: start with an effective schedule!

Reading Strategies for Students 29 January 1994 9:30 am - 2:30 pm \$14.
This session will show you how to enhance your reading speed, improve your comprehension and retention of text, and increase your ability to skim material and make accurate decisions about content.

Secrets of Math Success: Problem Solving for Students in Math Courses 05 February 1994 9:30 am - 12:30 pm \$7.
This session is designed to give students practical tips on succeeding in math courses. Major topic areas include classroom strategies, studying for tests, problem solving and test writing.

Essay Writing: What you need to know! 12 February 1994 9:30 am - 12:30 pm \$7.
This session will provide an overview of the important steps in writing an essay or research paper: from how to select and narrow a topic to how to produce and edit the final draft.

Clear Writing for Students in the Technical and Applied Fields 19 February 1994 9:30 am - 12:30 pm \$7.
Designed for non-Arts students, this session will touch on some of the basics of clear writing (from how to construct good sentences and paragraphs to how to use basic punctuation correctly).

Improving Examination Skills 19 March 1994 9:30 am - 2:30 pm \$14.
This session will focus on study techniques for exam preparation; on writing strategies for different exam formats; and on stress management techniques for dealing with exam worry and anxiety.

Pre-registration at the Department of Extension is required for all workshops. Register early; enrollment is limited. If you have any questions, please call 453-4646.

SECOND GENERAL MEETING

ORIENTATION 94

**Sunday, January 23rd.
7:00P.M. rm. N105**

EVERYONE WELCOME

snacks and cool prizes