

**LEARNING ASSISTANCE CENTER
STUDENT ACHIEVEMENT WORKSHOP SERIES**

**January
2018**

**CENTER HOURS
MONDAY-THURSDAY:
8AM – 8PM
BUILDING 6, RM 122
909-274-4300**

Mon.	Tue.	Wed.	Thu.
8	9	10 10:00-10:30 Mt SAC 101- Campus Resources and Communication 1:30-2:00pm Make the Shift: Mindset 5:00-5:30pm You've Got this: Personal Responsibility	11 10:00-10:30 Math Essentials: Multiplication 1:30-2:00pm Got it!: Listening and Note-taking 5:00-5:30pm It's Time to Take Control: Time Management
15 Martin Luther King Jr. Holiday Mt. SAC Closed	16 10:00-10:30 It's about the Questioning 1:30-2:00pm You've Got this!: Personal Responsibility 5:00-5:30pm Math Essentials: Fractions	17 10:00-10:30 Raise the bar: Critical Thinking 1:30-2:00pm Got it!: Reading and Responding to Text 5:00-5:30pm It's about the Prep: Test-taking Skills	18 10:00-10:30 Mt SAC 101: Campus Resources and Communication 1:30-2:00pm Math Zen: Math Anxiety 5:00-5:30pm It's Time to Take Control!: Time: Setting Priorities
22 10:00-10:30 Read, Write Revise 1:30-2:00pm Math Essentials: Decoding Word Problems 5:00-5:30pm Prep for it: Test-taking Skills	23 10:00-10:30 Math Zen: Math Anxiety 1:30-2:00pm Raise the Bar: Critical Thinking 5:00-5:30pm Math Essentials: Decimals	24 10:00-10:30 Manage It!: Time 1:30-2:00pm Math Essentials: Combining Like Terms 5:00-5:30pm Math Essentials: Decoding Word Problems	25 10:00-10:30 Writing: It's about the Structure 1:30-2:00pm Got it!: Listening and Note-taking 5:00-5:30pm Prep for it: Test-taking Skills
29 10:00-10:30 Math Zen: Math 1:30-2:00pm Raise the Bar: Critical Thinking 5:00-5:30pm Take Control: Time Management and Priorities	30 10:00-10:30 It's about the Process: Essay Structure 1:30-2:00pm Math Essentials: Complex order of Operations. 5:00-5:30pm Prep for it: Managing Timed Tests	31 10:00-10:30 Got it!: Reading and Responding to Text 1:30-2:00pm It's about the Process: Essay Structure 5:00-5:30pm Math Essentials: Percents	Go to: http://www.mtsac.edu/lac to view the list of detailed workshop descriptions.

**LEARNING ASSISTANCE CENTER
STUDENT ACHIEVEMENT WORKSHOP SERIES**

**February
2018**

**CENTER HOURS
MONDAY-THURSDAY:
8AM – 8PM
BUILDING 6, RM 122
909-274-4300**

Mon.	Tue.	Wed.	Thu.
			<p>1</p> <p>10:00-10:30 You've got this!: Personal Responsibility</p> <p>1:30-2:00pm Math Essentials: Proportions</p> <p>5:00-5:30pm Raising the Bar: Critical Thinking</p>
<p>5</p> <p>10:00 – 10:30am Got it!: Reading and Responding to Text</p> <p>1:30 – 2:00pm Take Control: Time management</p> <p>5:00-5:30pm Math Zen: Math & Anxiety</p>	<p>6</p> <p>10:00-10:30am Take Control: Setting Priorities</p> <p>1:30-2:00pm It's about the Process: Essay Structure</p> <p>5:00-5:30pm Prep for it: Reading Directions</p>	<p>7</p> <p>10:00-10:30am Writing: Read, Write, Revise</p> <p>1:30-2:00pm Make the Shift: Mindset</p> <p>5:00-5:30pm Take Control: Setting Priorities</p>	<p>8</p> <p>10:00-10:30 Prep for it: Test taking & Learning Styles</p> <p>1:30-2:00pm Math Essentials: Integers</p> <p>5:00-5:30pm Raise the Bar: Critical Thinking</p>
<p>12</p> <p>10:00-10:30 It's about the Process: Essay Structure</p> <p>1:30-2:00pm Writing: Read, Write, Revise</p> <p>5:00-5:30pm Math Zen: Math & Anxiety</p>	<p>13</p> <p>10:00-10:30 Writing: Read, Write, Revise</p> <p>1:30-2:00pm It's about the Process: Essay Structure</p> <p>5:00-5:30pm Prep for it: Test Taking and Time Management</p>		

NOTES

- Please check in ten minutes before the workshop begins!
- Visit us in Building 6, Rm 101, at <http://www.mtsac.edu/lac>, or call (909) 274-4300 for more information. Schedule is subject to change; please visit our website to find the most current schedule of offerings.

Learning Assistance Center
Student Achievement Workshop Descriptions
WINTER 2018

- ✓ **You've got this!: Personal Responsibility** – students will understand how locus of control and thinking states persuade their mindset and actions in life
- ✓ **Got it!: Listening and Note-taking/Reading and Responding to Text** – students will practice various note-taking methods, and also recognize the difference between listening and hearing; students will also gain a better comprehension in how to pull information from a college textbook and academic article
- ✓ **It's about the Questioning: Essay Structure** students will understand the similarities and differences between a paragraph, short answer, and essay, and also practice each writing structure
- ✓ **Mt SAC 101: Campus Resources and Communication** – students will explore Mt SAC campus resources, and create a personalized list of the resources that apply to their needs; students will also practice how to communicate with instructors via email and face-to-face
- ✓ **Make the Shift: Mindset** – students will self-survey and understand the difference between fixed mindset vs. growth mindset
- ✓ **Math Zen: Math & Anxiety** – students will explore and practice various strategies to reduce anxiety with a focus on math anxiety
- ✓ **Take Control: Time Management and Priorities** – students will develop time management strategies and list priorities that pertain to achieving their personal and academic goals
- ✓ **Raise the Bar: Critical Thinking** – students will learn the levels of critical thinking and be introduced to strategies and practices that increase their levels in critical thinking
- ✓ **Math Essentials - Decoding Word Problems** – students will convert the words in math word problems into the needed order and functions to solve the said problem
- ✓ **Read, Write, Repeat: Revising and Proofreading your Writing** – students will gain strategies in self-editing their writing
- ✓ **Math Essentials** – through practice and rote drills, students will be given the tools and strategies to master basic math functions, with an emphasis on multiplication memory
- ✓ **Prep for it: Test-taking Skills** – students will learn the mindset and strategies that are helpful in increasing test score

- **Please check in ten minutes before the workshop begins!**
- **Visit us in Building 6, Rm 101, at <http://www.mtsac.edu/lac>, or call (909) 274-4300 for more information. Schedule is subject to change; please visit our website to find the most current schedule of offerings.**
- **LARC hours for Winter 2018 are Monday-Thursday 8am-8pm.**
- **Workshops will be held in Building 6, Room 122**