










JOIN US AT THE ASAP ACADEMIC SUCCESS WORKSHOPS!

- FALL 2022 -

LASSI SCALE	WORKSHOP	DATE	REGISTRATION
Lassi Anxiety (ANX)	How to conquer your essay writing anxiety	10/19; 4-6PM	
	How to conquer your math anxiety	11/2; 1-3PM	
	How to conquer your test anxiety	12/9; 11AM-1PM	
Lassi Attitude (ATT)	How to build self-confidence	9/16; 11AM-1PM	
	How to develop an empowering mindset	9/28; 4-6PM	
Lassi Concentration (CON)	How to improve your concentration	11/18; 11AM-1PM	
Lassi Information Processing (INP)	Making the most of your learning style	10/7; 11AM-1PM	
	Essay writing essentials	11/9; 4-6PM	
Lassi Motivation (MOT)	How to motivate yourself	9/21; 1-3PM	
Lassi Self-Testing (SFT)	How to check your own comprehension	11/23; 1-3PM	
Lassi Test Strategies (TST)	How to prepare for your final exam	12/16; 11AM-1PM	
Lassi Time Management (TMT)	Time management essentials	10/12; 1-3PM	
	Goal setting essentials	10/28; 11AM-1PM	
	How to overcome procrastination	12/14; 1-3PM	
Lassi Using Academic Resources (UAR)	Making the most of your resources	11/30; 4-6PM	

ALL ARE WELCOME!

REGISTER VIA THE QR CODE OR THE ASW OPENLAB SITE

[HTTPS://OPENLAB.BMCC.CUNY.EDU/ASW-ACADEMIC-SUCCESS-WORKSHOPS](https://openlab.bmcc.cuny.edu/asw-academic-success-workshops)