











# JOIN US AT THE ASAP ACADEMIC SUCCESS WORKSHOPS! FALL 2021

LASSI SCALE	WORKSHOP	DATE	REGISTRATION
LASSI Anxiety (ANX)	How to Conquer Your Test Anxiety	11/30, 10-11:30PM	
	How to Conquer Your Public Speaking Anxiety	11/9, 10-11:30PM	
	How to Conquer Your Math Anxiety	11/16, 10-11:30PM	
LASSI Attitude (ATT)	How to Boost Your Self-Confidence	11/29, 4-5:30PM	
	How to Develop an Empowering Mindset	11/3, 12-1:30PM	
LASSI Concentration (CON)	How to Improve Your Concentration	11/1, 4-5:30PM	
		11/18, 4-5:30PM	
LASSI Information Processing (INP)	What is Your Learning Style	11/4, 4-5:30PM	
	Essay Writing Essentials	11/11, 4-5:30PM	
LASSI Motivation (MOT)	How to Motivate Yourself	11/2, 10-11:30AM	
		11/22, 4-5:30PM	
LASSI Selecting Main Ideas (SMI)	Effective Reading and Note-Taking	11/8, 4-5:30P	
		11/23, 10-11:30PM	
LASSI Self-Testing (SFT)	How to Check Your Own Comprehension	10/28, 4-5:30PM	
		11/17, 12-1:30PM	
LASSI Test Strategies (TST)	How to Prepare for Your Exam	11/10, 12-1:30PM	
		11/24, 12-1:30PM	
LASSI Time Management (TMT)	How to Overcome Procrastination	11/15, 4-5:30PM	
	Time Management	10/27, 12-1:30PM	
LASSI Using Academic Resources (UAR)	Making the Most of Your Resouces	10/19, 10-11:30AM	

REGISTER VIA THE QR CODE OR THE ASW  
OPENLAB SITE - ALL ARE WELCOME!

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