

**ACADEMIC SKILLS CENTER
STUDENT SUCCESS SEMINARS**

Learning Outcomes

Depending upon the specific seminar attended, students will be able to:

- Improve their general study skills and academic success;
- Be aware of the different study skills seminars offered by the Academic Skills Center such as time management, note taking, test preparation, test taking, memory skills, procrastination, learning styles and textbook processing;
- Learn about the *Free Tutoring Resources* list available to Cal Poly students;
- Learn strategies for preparing for multiple choice, short answer, and essay test questions;
- Learn the importance of proper nutrition, sleep, and exercise;
- Create a weekly study schedule, complete a *To Do* List, and organize a long-term project;
- Learn memorization techniques such as recitation, distributed practice, and association;
- Organize course notes; highlight or add cues to notes; utilize different note taking systems.

Outcomes 2011-2012

<i>Description</i>	<i>Fall 11</i>	<i>Winter 12</i>	<i>Spring 12</i>
Study Skills seminars given	35		
Student contacts	1,198		
<i>Student responses to survey questions</i>			
<ul style="list-style-type: none"> • I would recommend ASC seminars to others 	90%		

Outcomes 2010-2011

<i>Description</i>	<i>Fall 10</i>	<i>Winter 11</i>	<i>Spring 11</i>
Study Skills seminars given	34	23	26
Student contacts	1,188	365	337
<i>Student responses to survey questions</i>			
<ul style="list-style-type: none"> • I would recommend ASC seminars to others 	90%	93%	92%

Outcomes 2009-2010

<i>Description</i>	<i>Fall 09</i>	<i>Winter 10</i>	<i>Spring 10</i>
Study Skills seminars given	27	21	27
Student contacts	927	311	430
<i>Student responses to survey questions</i>			
<ul style="list-style-type: none"> • I would recommend ASC seminars to others 	90%	92%	93%