

# Are Your Study Habits Up to Par?



**Skyler Meeks**

## **Updating Study Strategies for the 21<sup>st</sup> Century**

Looking for some help to improve your grades at UVU? Sometimes the old study “standbys” aren’t the best approach for learning and/or retaining information. Join us to learn some tried and true methods for studying material to help you get ahead of the curve. Regardless of your current GPA, the material taught in this workshop may help you to improve your current levels of remembering, understanding, applying, analyzing, and evaluating the topics introduced to you in your coursework.

**Nov 6 @ 2 pm FL 505 or**

**Nov 7 @ noon LC 411**

**Sponsored by the Green Light Program**

**All current UVU students are welcome to attend – free food provided**