



Academic Coaching Services

The EXCEL! Zone provides the following 15 to 60 minutes in-class sessions: critical thinking, test preparation, time management, notetaking, reading comprehension, and learning styles.

Study Skills Sessions Menu:

Critical Thinking

Whether participating in class discussions, writing essays, or studying for exams, using critical thinking is a deliberative thought process to solve issues, consider different perspectives, and get a deeper understanding of your course's content. Enhance your thinking ability by engaging reflectively and independently with interactive critical thinking techniques.

Don't Cram for the Exam: Test Study Strategies

Do you want to be more prepared for exams? Let's not cram before an exam, learn how to prepare for an exam with study techniques to boost comprehension and strategize when and where to start studying.

How to Get Ahead: Making Conscious Time Choices

Do you want to excel in balancing your school, work, and personal time? Learn how to leverage your current time management style (or make a new one) with simple prioritizing and time-blocking tools.

Notetaking: Before, During and After Class

Ever find yourself saying, "Huh, what did the instructor say?" Note-taking strategies are here to save the day! Learn how to use the Cornell note taking method to take effective notes from lecture to required course readings and turn those notes into the ultimate study guide.

Reading Strategies

Reading strategies are the secret to successful learning and test preparation. Learn reading comprehension techniques that will help you read with purpose and remember what you read to strengthen your approach to studying!

Using Your Learning Style as a GPS to Navigate Academic Barriers

Do you want to maximize your academic success? Start navigating through your lectures, assignments, and projects by identifying your learning style and using study strategies that work best for you to learn successfully.