The Rutgers Learning Centers invite you to attend the

ACADEMIC SUCCESS SERIES:
How to Be a Successful Rutgers Student
Spring 2014

Plan Your Success  
Tues, January 28 
5-6pm
Learn how to set goals, determine priorities, and make a plan that will help you to maintain a healthy, balanced lifestyle.

Read to Succeed  
Tues, February 11 
5-6pm
Develop effective reading strategies to help you learn more from your textbooks & assigned readings.

Study Smarter, Not Harder  
Tues, February 18 
5-6pm
Review a variety of study strategies that activate various types of learning and can be used across disciplines.

Focus, Concentrate, and Stay Motivated!  
Tues, February 25 
5-6pm
Learn techniques to improve focus, concentration, motivation, and memory.

Have Less Stress & More Success  
Tues, March 4 
5-6pm
Develop strategies for managing academic and non-academic needs to promote physical and emotional well-being while improving academic performance.

Take Tests at Your Best  
Tues, March 11 
5-6pm
Conquer test anxiety and learn strategies for preparing for and taking exams.

For more information about Rutgers Learning Center services, please visit rlc.rutgers.edu or call us at 848-445-0986.