

2009 SUMMER QUARTER WORKSHOP CALENDAR

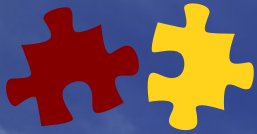
All workshops are FREE and held at the Counseling Center, 401 Schmitz, unless otherwise noted.

July				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8 Myers-Briggs Type Indicator**\$ 2:30 - 4:00	9 Strong Interest Inventory**\$ 2:30 - 4:00	10
13 Time Management and Procrastination 2:30 - 4:00	14	15 Memorization and Test-Taking Skills 2:30 - 4:00	16	17
20 Myers-Briggs Type Indicator**\$ 2:30 - 4:00	21	22	23	24
27 Test Anxiety and Stress Reduction 2:30 - 4:00	28	29 Time Management and Procrastination 2:30 - 4:00	30	31

August				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Strong Interest Inventory**\$ 2:30 - 4:00	4	5	6	7
10	11	12 Memorization and Test-Taking Skills 2:30 - 4:00	13 Test Anxiety and Stress Reduction 1:00 - 2:30	14

*Registration required
 \$Fee charged





UW COUNSELING CENTER
401 Schmitz Hall (206) 543-1240
<http://depts.washington.edu/counsels>

2009 SUMMER QUARTER WORKSHOPS

Please note that some of these workshops may require registration and/or charge a fee. You must be a currently enrolled UW student to attend the workshops. Please contact the Counseling Center if you have any questions, 206-543-1240.

STUDY SMARTER WORKSHOPS

- ***Time Management and Procrastination***
If you often wonder where all the time went, this is your workshop. Learn how to budget your time more effectively so you have time for both study and recreation.
- ***Memorization and Test-Taking Skills***
Learn a variety of memory techniques and discover which ones work best for you. Learn to transfer information from short-term to long-term memory and retrieve it again. Learn strategies for more effective studying and test taking, including tips for different types of exams.
- ***Test Anxiety and Stress Reduction***
Learn what causes test anxiety and learn ways to deal with it more effectively. Discover how you habitually deal with stress and learn strategies for decreasing it.

CAREER EXPLORATION WORKSHOPS

- **Myers-Briggs Type Indicator (MBTI);** fee charged; registration required.
The MBTI is the world's most-used indicator of adult personality patterns. The results of the assessment can be used to help guide decisions regarding academic majors or career direction, as well as to help understand and appreciate individual differences in interpersonal relationships.
- **Strong Interest Inventory (SII);** fee charged; registration required.
The SII provides general information about your career interests and how they compare to those of people in various occupations. Assessment results include a list of careers that may be of interest, as well as general interest "themes" to consider when planning your career.

