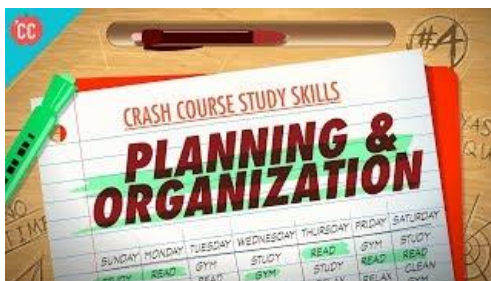
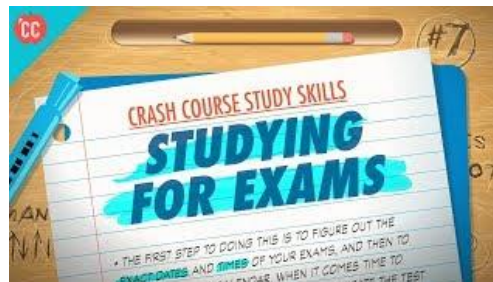
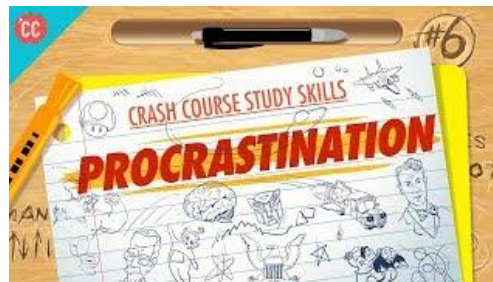
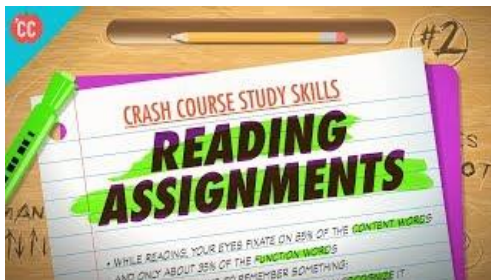
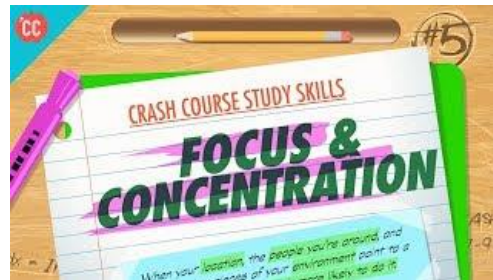
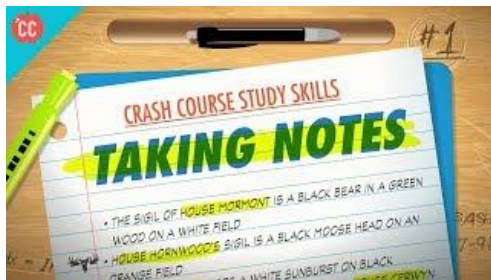
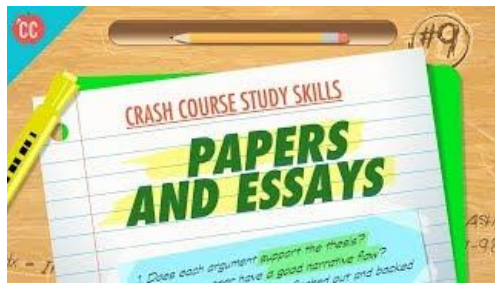


The Center for Academic Vision & Excellence presents a series of online workshops to help you level up your study skills! The Crash Course™ video series of tools and skills you need to be a successful student. The engaging series includes information about focus and concentration, test anxiety, memory, studying for exams, and more. As part of your plan for academic success, be sure to spend some time checking out these resources!

Click on the topics to explore the following resources to promote your success:





## Learning Objectives

- Understand the advantages and disadvantages of different note-taking methods
- Recognize factors that inhibit productivity and solutions to get past them
- Feel better prepared to study for and take your next exam or finish your next assignment
- Analyze the connections between studying and memory, exercise, and studying

<https://thecrashcourse.tumblr.com/downloads/studyskills>