

All of the workshops below are offered online in our virtual classroom at <http://bit.ly/academicsupportworkshops>.

While registration is not required, we highly encourage students to register in order to get reminder emails and any updates about the workshops. To register, send an email to learning.support@esc.edu and indicate the date and title of the workshop(s) for which you are interested.

Workshop Title	Description		
Academic Support: Who To/ How To	This workshop provides you with an overview of key contact people and academic support resources and services available to undergraduate and graduate students across the New York state and online.	Thursday, September 10 6-7pm <i>Mildred VanBergen Seana Logsdon</i>	Monday, October 26 6-7pm <i>Mildred VanBergen Daniel McCrea</i>
Managing Yourself as a Successful Student	This workshop presents you with some practical tips and strategies for how to effectively organize yourself and your time. You will also learn how to maximize your study strategies and tailor them to your individual learning needs.	Wednesday, September 16 12-1pm <i>Lisa D'Adamo-Weinstein Mildred VanBergen</i>	Wednesday, November 4 6-7pm <i>Mildred VanBergen Daniel McCrea</i>
How to Succeed in College Reading: Effective Strategies	This workshop outlines strategies for you to use before, during and after reading, helping you learn how to best focus and how to select important information from a text. You will also learn about ways to improve your abilities to retain and analyze what you have read.	Thursday, September 17 12-1pm <i>Miriam Russell Daniel McCrea</i>	
Learning Strategies for Math & Science	This workshop focuses on some effective strategies for studying math and science topics as well as highlighting some great resources available to help students learn in the math and sciences. You will be introduced to a problem solving approach that can be applied to any kind of quantitative learning.	Tuesday, September 22 12-1pm <i>Lisa D'Adamo-Weinstein Sue Orrell</i>	Thursday, November 12 6-7pm <i>Lisa D'Adamo-Weinstein Sue Orrell</i>
Learning and Studying Styles: Developing a Customized Study Plan	This workshop assists you in identifying your own learning style and shows you how to develop learning and studying strategies that work for you so you can create a customized approach to achieving academic success.	Thursday, September 24 6-7pm <i>Lisa D'Adamo-Weinstein Daniel McCrea</i>	
Writing College Papers: What's It All About?	This workshop reviews the basics of writing college papers, including organization, formatting and the process of creating a paper. Dust off the cobwebs around what you may (or may not) remember about academic writing.	Wednesday, October 7 6-7pm <i>Brett Sherman Carolyn Wilsey</i>	Monday, December 7 12-1pm <i>Brett Sherman Aimee Woznick</i>
Grammar Brush-Up	This workshop discusses how you can learn to avoid several common mistakes in grammar and punctuation that make college writing less professional and effective. It is designed for students who are new to college writing, who have been away from it for some time, or who would simply like a refresher on the basics of writing clear, well-formed sentences.	Wednesday, October 14 12-1pm <i>Neil Ward Seana Logsdon</i>	
Navigating College Writing for Emergent Multilingual Students	This workshop covers a range of topics specifically for ESL/multilingual learners, including the benefits of being multilingual, communicating with mentors by email, writing essay sections, some grammar issues, study tips and tools for success.	Wednesday, October 14 6-7pm <i>Mildred VanBergen</i>	
Mindset at Midterm	This workshop helps you examine, and perhaps change how you think about intelligence, which can have a powerful effect on your success in college.	Wednesday, October 21 6-7pm <i>Daniel McCrea Lisa D'Adamo-Weinstein</i>	

Schedule continues on the next page...

Workshop Title	Description	
Thesis Statements to Make Your Professors Swoon	This workshop introduces you to how effective thesis statements provide a solid foundation for strong academic papers. However, writing one can be confusing. Discover what a thesis statement really is, and practice writing and refining your own.	Thursday, October 22 12-1pm <i>Aimee Woznick</i> <i>Miriam Russell</i>
StrengthsQuest: What are Your Strengths and Talents?	This workshop emphasizes why our strengths and talents are important, and new research that shows us how we can identify and use them in college and in our lives.	Tuesday, October 27 6-7pm <i>Daniel McCrea</i> <i>Brett Sherman</i>
Summarizing & Paraphrasing	This workshop helps you learn how to integrate source material into your papers and avoid plagiarism. We'll provide tips for summarizing and paraphrasing effectively with less effort!	Monday, November 2 6-7pm <i>Brett Sherman</i> <i>Mildred VanBergen</i>
Research & Citing Sources Made Easy	This workshop reviews the basics of good academic research, how to incorporate that research into your papers/projects and show you different tools to help you cite your resources properly and avoid plagiarism.	Tuesday, November 10 6-7pm <i>Lisa D'Adamo-Weinstein</i> <i>Miriam Russell</i>
The Psychology of Action: Overcoming Procrastination	This workshop teaches you how to manage your time and overcome procrastination.	Monday, November 23 12-1pm <i>Daniel McCrea</i> <i>Aimee Woznick</i>
Using Transitional Words & Phrases: The Keys to Academic Writing	This workshop will help you discover how transitional words and phrases link your ideas, clarify your thesis and impress your professors. Enhance your writing power with learning how to improve your use of transitional words and phrases.	Tuesday, December 1 6-7pm <i>Miriam Russell</i> <i>Daniel McCrea</i>
Reading for Results	This workshop familiarizes you with a reading strategy and note taking system designed to help you with common college reading challenges.	Wednesday, December 2 12-1pm <i>Seana Logsdon</i> <i>Anne McDonough</i>
Stress Management: Flow, Relaxation, & the High Performance Mind	This workshop helps you learn about your own stress responses and how to minimize stress in your life. Learn how to easily trigger flow and the relaxation response, and about their power, creativity and health benefits for our bodies, brains, and minds. The knowledge and skills taught in this interactive workshop can help you to be a successful student and all around healthier person.	Thursday, December 10 6-7pm <i>Daniel McCrea</i> <i>Lisa D'Adamo-Weinstein</i>

For more information about these and other workshops, see our website - www.esc.edu/learning-support/workshops-calendar.

If you experience any technical difficulties, please contact the Tech Support Service Desk
on the web:

<http://www.esc.edu/service-desk/>

or via phone

(518) 587-2100 ext. 2420 or (800) 847-3000 ext. 2420

Tips for First-time Users

Please log in ahead of time to make sure you can get in without any problem.

You can access the online workshops via a computer, smartphone or tablet.

On a Computer or Laptop

- Put the web conference "room" address - <http://bit.ly/academicsupportworkshops> - into your web browser.
- At the login prompt, type your first and last name and hit Enter.
- Java will load.
- When prompted to run Blackboard Collaborate, click "run."
- Select the connection speed and you're in!

On a Smartphone or Tablet

- Download the free application "Blackboard Collaborate" from your app store.
- Follow the directions on screen and, when prompted, use the web conferencing "room": <http://bit.ly/academicsupportworkshops>.