

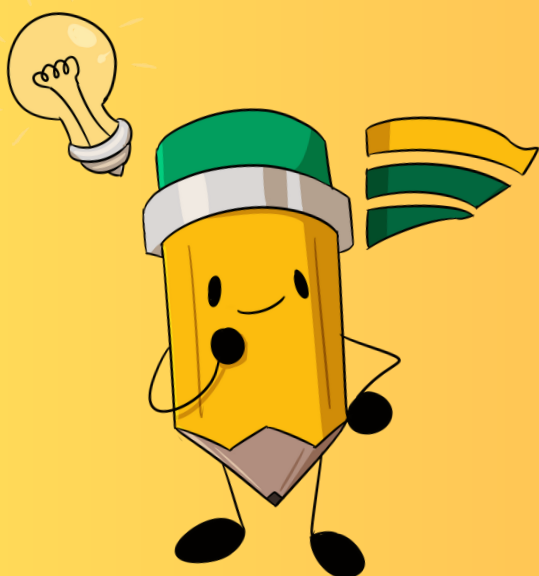
# How To Learn

**January 12, 2024**

**Peterson Hall, Room 1105**

**This workshop series will introduce participants to the best strategies for brain-based learning in order to start the semester off right.**

<b>10:00am</b>	<b>Learning How to Learn</b>
<b>11:00am</b>	<b>Scheduling &amp; Time Management</b>
<b>12:00pm</b>	<b>Lunch (provided)</b>
<b>12:30pm</b>	<b>Motivation &amp; Goal Setting</b>
<b>1:30pm</b>	<b>Focus Better</b>



**Register on  
Mason 360**

**FREE LUNCH!**



Questions?



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