

# Study Without Stress: Strategies to help maximize your learning and study habits

Saturday, September 11, 2010, 9:00 am - 1:00 pm  
Johns Hopkins Washington, DC Center

Sunday, September 12, 2010, 1:00 pm - 5:00 pm  
Johns Hopkins East Baltimore Medical Campus  
*This session also includes an interactive Webinar*

**There is no cost to attend. Please register online at:  
[www.jhsap.org](http://www.jhsap.org) or call 443-997-4772.**

*Topics will include how to:*

- Maximize your study time
- Get more out of lectures
- Develop great study notes
- Improve long-term memory
- Reduce test anxiety

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