



Study without stress: Strategies to help maximize your learning and study habits

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Thursday, October 6, 2011, 6:00 pm - 8:00 pm

Two attendance options:

1. Johns Hopkins DC Campus
2. Online

Please register for this **FREE** seminar at www.jhsap.org/events or call **443-997-4772**. (Attendance information will be provided after completing registration.)

Learn how to:

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

