The ARC offers a variety of workshops throughout the academic year. Check the schedule and register at asundergrad.pitt.edu/arc.

- Goal Setting
- How to Succeed in Science Courses
  - Study Skills Boot Camp
  - Study Smarter Not Harder With
  - Cognitive Science Strategies
    - Exploring Majors
- Overcoming Test Anxiety
  - Time Management
- Learning Styles and Test Preparation
  - Overcoming Procrastination
  - Stress Management
- Finals Boot Camp

Individual Academic Consultations
One-on-one consultations are available for the following topics:
- Active Study Habits
- Test Preparation
- Reading Strategies
- Time Management
- Planning for Midterms and Final Exams

Academic consultations are available Monday-Friday. For an appointment, call (412) 648-7920.