

Workshops aim at improved learning skills

The Learning Resources Center of Anchorage Community College is presenting a series of free one-hour workshops that are designed to improve individual learning skills and to provide persons with a chance to view and use recently developed instructional materials.

How to Take Tests, is the Oct. 30 workshop which focuses on taking essay and objective tests. The workshop will teach

participants to learn strategies for avoiding common errors in test taking and coping with test anxiety.

How to Live with Stress and Thrive is the Dec. 4 workshop which will focus on ways to handle stress while releasing tension.

All workshops begin at 1 p.m. in the Monserud Building (Building B) on the ACC campus. For more information call 263-1155.