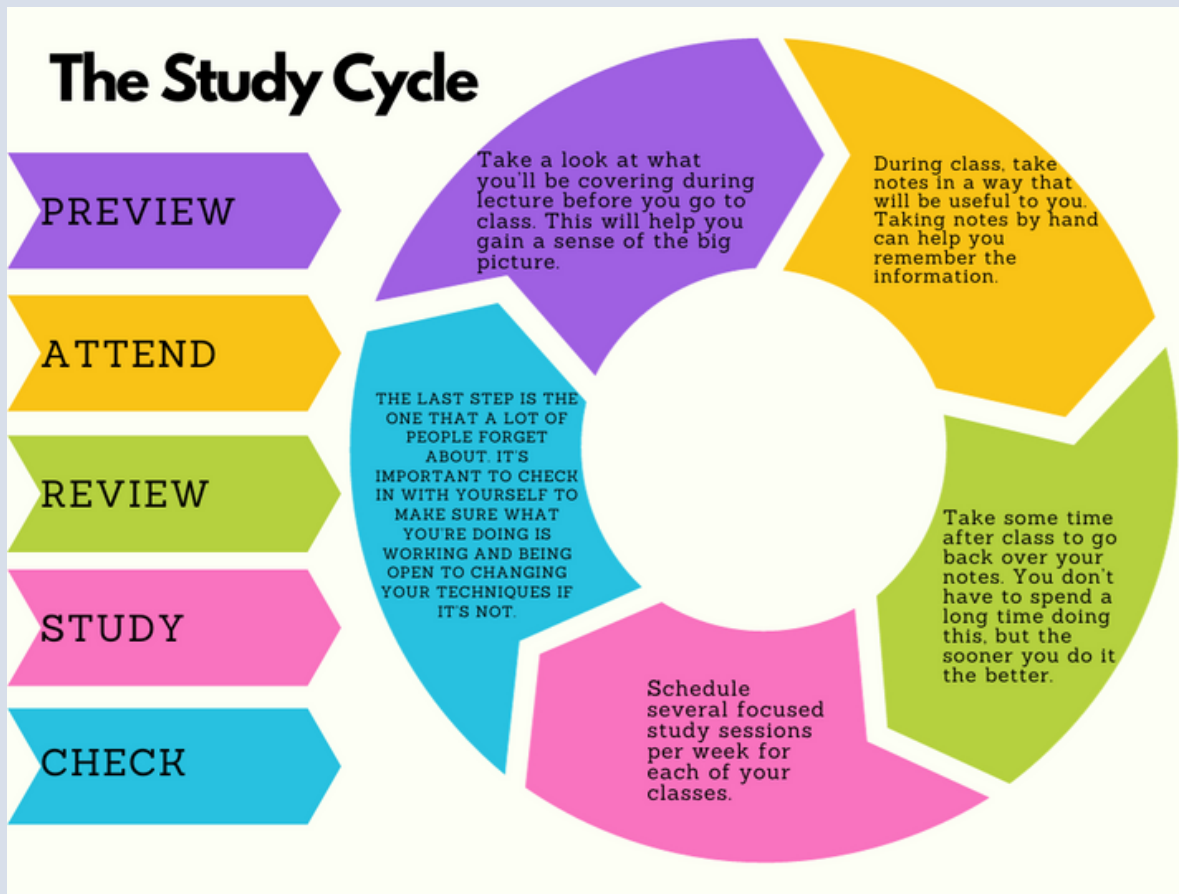


# NEWSLETTER

Career Services and Professional Development Center

## LET'S TALK STUDY TIPS!

Do you have trouble building study time into your schedule? Do you find yourself waiting until the last minute to study for exams? The Study Cycle, adapted from Frank Christ's PLRS system by the LSU Center for Academic Success and discussed by Sandra McGuire in her book *Teach Yourself How to Learn*, is a guide to help you build effective studying into your everyday life. On the surface, each step may seem obvious, but all too often students take shortcuts and miss important opportunities to benefit from the interplay of each step of the cycle. In the Study Cycle, each step builds on the previous one and distributes your learning throughout the semester, which is much more effective than waiting until the day before the test to study. If you are looking for a better method to helping you succeed in your studying, this might be a great option for you!



Download  
Handshake  
Today!





# CHRISTMAS OPEN HOUSE

MONDAY, DECEMBER 4

4 - 6 PM

WHITFIELD HALL

MISSISSIPPI UNIVERSITY FOR WOMEN

Join us for Appetizers and Refreshments at the W's Career Services and Professional Development Center



RSVP to attend by scanning QR code or going to [www.muw.edu/careerservices](http://www.muw.edu/careerservices)



# HEADS ABOVE THE REST

Thank you to Owls Athletics for partnering with us on the Student-Athlete Professional Development Workshop. Contact the Career Services and Professional Development Center if your organization or class is interested in hosting a professional development session catered to your group's specific needs.

## FOLLOW US



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The W Office of Career Services & Professional Development

## COMING SPRING 2024

Strong Inventory Career Assessment

# Save The Date

Healthcare Career Fair 2/1/24



more details coming soon!



662-241-7619



careers@muw.edu



Whitfield Hall

