GEARS (Guided Education, Attention, and Retention Skills) helps promote success in your classes, including taking good notes, test taking tips, time management, and improving your ability to focus.

GEARS is held over 4 one-hour evening sessions. Total cost for all 4 sessions is just $40.

SESSION DATES:
- **Group 1:**
  - Tuesdays, 6-7 pm
  - September 3, 10, 17, & 24

- **Group 2:**
  - Wednesdays, 6-7 pm
  - October 2, 9, 16, & 23

- **Group 3:**
  - Mondays, 6-7 pm
  - November 4, 18, 25, & December 2

WHAT TO EXPECT:
- **Each group includes 4 sessions:**
  - **In Class Skills:** note-taking, active listening
  - **At Home Skills:** active reading, improving concentration
  - **Preparing for Tests:** study skills, test-taking strategies
  - **General Academic Skills:** time management, interacting with faculty

SIGN UP NOW!
For more information or to sign up, contact the Kent State Psychological Clinic:
(330) 672-2372