

Media Release
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For More Information, contact:
Carrie Kuwada Phipps, Ed Specialist
808.969.8808

Hawaii Community College-Palamananui Offers Workshop on “How To Activate Your Focus Skills,
Develop a 15 Minute Study Plan and Improve Your Study Skills”
for High School and College Students”

Have you ever sat in class and had your mind DRIFT aimlessly after a couple of minutes? Have you ever had an answer to a question, but couldn't RECALL the answer? Are there times when you feel you have the answer to a question, but you can't REMEMBER what it is?

Many of us have been in these situations daily. The great news is that you can improve your FOCUS, increase your CONCENTRATION, increase your RECALL, increase and improve your long term MEMORY, and increase your ability to truly LISTEN rather than simply hear. In addition, you can learn how to improve your study skills by developing and using a 15 min study plan.

If you're a high school or college student, this workshop is FOR YOU and will help you to succeed in school. If you missed the first workshop offered in March, you can't afford to miss this one!

Join us at Hawai'i Community College-Palamananui and the University Center, West Hawai'i as we host a Free and Fun Workshop entitled “Activate Your Focus Skills, Develop a 15-Minute Study Plan and Improve Your Study Skills” taught by Jon Sabati, Tech Coordinator at Konawaena Middle School. In this workshop, Jon will cover the challenges we all have with focus, the whys of these challenges and have his Konawaena Middle School students demonstrate the exercises used to increase focus, listening and memory. Within the hour, expect to see an increase in your own active listening and recall skills, learn how to develop your 15-minute study plan so that you can improve your study skills!

This workshop will be held on Wednesday, April 26 from 5:30-6:30 p.m. at the Hawai'i Community College-Palamananui, University Center campus in the Panini building, room B-126, 127. This islandwide workshop will be videoconferenced to the Manono campus Cafeteria for East Hawai'i students and residents.

RSVP is requested. Contact Carrie Kuwada Phipps, University Center at carriekp@hawaii.edu, 808.969.8808 to RSVP or for more information.

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