



Academic Coach ✦ Reading Consultant ✦ ADHD Expert

# DR. GERI MARKEL

*Speaker, coach and award winning author of "A Tip a Day Gets You an 'A': 365 Secrets to Study Success" and "Solving the College Admissions Puzzle: A Guide for Students and Families".*



**MOST REQUESTED PROGRAMS FOR FAST TRACK ACADEMIC SUCCESS: Seminars and staff development to enhance retention and graduation rates – and reduce stress**

**Enhancing Academic Performance:** At-risk college students face formidable academic challenges when meeting the rigors posed by their courses. This seminar provides the definition of peak performance, steps to self-management, descriptions of different learning styles, and strategies to manage advanced academic tasks. In addition, methods are modeled to analyze the syllabus and predict topics for papers or examinations.

**Developing Academic Time Management Skills:** Students are required to deal with multiple and often conflicting demands. Without effective time management, students may fail to complete assignments, fall behind in their reading, and miss important deadlines. Cycles of procrastination, perfectionism and stress can result. This seminar provides strategies to increase time, task and study management. Students learn how to set realistic goals, prioritize, and schedule tasks to keep up with assignments.

**Increasing Reading Efficiency:** Most students have not learned new reading skills since middle school, although the amount and complexity of reading assignments increases in each grade level. This seminar dispels myths about reading, identifies multiple purposes for reading, and describes step-by-step strategies to read, process, and retain information. In addition, students find study aids to organize and integrate multiple sources of information.

**Strengthening Test Taking Skills:** Students who achieve academic success know how to effectively prepare for and take tests. This seminar provides specific steps to organize, learn, and practice for course examination and high-stakes tests. In addition, students learn to reduce test-related stress when studying and during tests.

**Steps to Ensure College Success for Students with ADHD and/or Learning Disabilities:** Students with disabilities confront a variety of challenges and barriers at undergraduate and graduate levels. This seminar provides a systematic approach, practical strategies, and checklists to help students to read more efficiently, complete coursework, attain higher grades, and gain a greater sense of control and competence.

*"Geri's energy and skill is phenomenal. She keeps students involved and geared up for academic success. Whether for orientation workshops or seminars on advanced reading, learning and study skills strategies, Geri ensures student learning and motivation."*

Stuart S Segal, Ph.D.  
Director of the Office of Services for Students with Disabilities  
University of Michigan

All programs are customized and available for conferences and retreats. For information on coaching or staff development, go to [www.gerimarkel.com](http://www.gerimarkel.com). To book, contact [geri@managingyourmind.com](mailto:geri@managingyourmind.com) or call 734 761 6498. Interested in a free App to reduce distractions? Search your App Store for study tips or check out my blog: <http://studytipaday.com/study-tips-blog/>.