Group Objectives:

- Acquire strategies for organizing materials and assignments
- Gain tips on managing your time and schedule
- Learn effective methods for taking notes and studying

Too many assignments? Not enough time? Messy backpack? Busy social life? Need to study for an exam? Trying to find time to work?

Do you experience any of these circumstances in your everyday life? Therapy OPS is here to help by offering a 4-week organizational class. This class is designed for high school and college aged students who could benefit from learning strategies to assist with organization, time management, study skills, and note taking.

The class meets once a week for one hour. For increased benefit, participants are asked to bring their academic materials, class syllabi, and current means of organization (i.e. planner, binder). Participants will receive informational handouts on strategies to practice outside of class and implement in everyday use.

This class is based on a private-pay format, $100.00 for 4-week class.

Please contact our office for more information at 651-455-0561.