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## Study skills group brings workshops to Stamford JCC

By **MATT COYNE**  
Times Staff Writer

STAMFORD — Studying isn't just flipping through class notes or the textbook.

Michelle Sagalyn knew that, but she saw many students who didn't.

So three years ago Sagalyn launched Successful Study Skills for Students, a company that runs study skills workshops for middle schools, high schools and even some colleges.

"They're starving for it," said Sagalyn about study skills. "Schools are too because schools are under increasing pressure to get through a certain curriculum. They can't focus on how to take notes, for example, or show a seventh grader how to use their

planner."

Since its founding, Successful Study Skills for Students has run workshops at Roton Middle School, St. Luke's School in New

Canaan, King Low Heywood Thomas and Middlesex Middle School in Darien, as well as larger-scale workshops at Stamford's Cloonan

Middle School, where the company worked with 45 students, and Trinity Catholic High School, where the workshop is offered to all ninth graders.

Starting in October, a five-week workshop for middle school students will be offered at Stamford's Jewish Community Center, 1035 Newfield Ave., Stamford.

"After a student completes our program, most know how to study, how to remember information, how to build on information and they remember," said Sagalyn. "Now a student is fully able to participate in class in ways they weren't before.

"When they understand how to study, they understand how to learn," she said.

Sagalyn said a typical session will see students do work both with the whole class, in smaller groups and solo, learning skills like note taking and time management, based.

The workshops, she said, are based on educational research.

"After they take the program they have a game plan," Sagalyn said. "They know what they have to do and know how to do it."

And according to Sagalyn, the workshops have earned glowing reviews

from parents, students and educators.

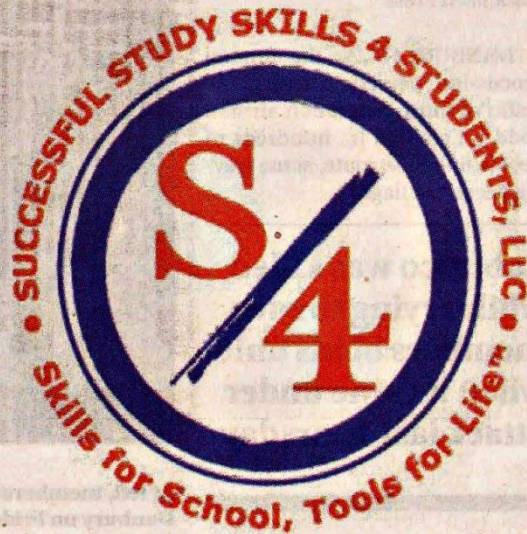
"We really want kids to come out of the workshop, even one session, that night or the next day, and apply it," she said.

"If they use that skill, they'll get better grades. It's just that simple."

The Jewish Community Center workshop runs Oct. 2, 9, 16, 23 and 30, totaling seven-and-a-half hours of classroom time.

The workshop costs \$395 and community center members get a \$25 discount.

Those interested in participating in the workshop can register online at [http://bit.ly/JCC\\_Fall\\_2013](http://bit.ly/JCC_Fall_2013).



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