Workshops are open to all York students. For registration information, visit our website: [https://www.yorku.ca/scld/learning-skills/](https://www.yorku.ca/scld/learning-skills/)

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td><img src="heart.png" alt="Heart" /></td>
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<td>1st Day of Classes</td>
<td>Winter Orientation <a href="https://www.yorku.ca/orientationdev/">https://www.yorku.ca/orientationdev/</a></td>
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<td>Secrets of Academic Success 12:00-1:00</td>
<td>Starting off Strong (*For 1st year only) 12:30-1:30</td>
<td>Time Management 3:00-4:00</td>
<td>Learning Power 2:00-3:00</td>
<td>Reading &amp; Note-taking 3:00-4:00</td>
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<tr>
<td>Time Management 12:00-1:00</td>
<td>Secrets of Ac Success 12:30-1:30</td>
<td>Reading &amp; Notetaking 11:30-12:30 Online Academic Presentation Skills - for Grad Students ONLY 2:00-3:00</td>
<td>Time Management 11:00-12:00</td>
<td>Secrets of Academic Success 3:00-4:00</td>
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<tr>
<td>Presentation Skills 10:30-11:30</td>
<td>Learning Power 12:30-1:30</td>
<td>Exam Prep 11:30-12:30 Time Management – for Mature Students 4:30-5:30</td>
<td>Critical Thinking 11:00-12:00</td>
<td>1:00-2:00 Guide to Remote Learning Managing Academic Stress 3:00-4:00</td>
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Schedule subject to change – please visit [https://www.yorku.ca/scld/learning-skills/](https://www.yorku.ca/scld/learning-skills/) for the most up to date schedule
Secrets of Academic Success
Looking for key strategies to improve your academic achievement and confidence? Wondering which learning skills you most need to succeed at university? Take this workshop and find out.

Starting Off Strong (1st Year Students Only)
New to YorkU? Searching for the keys to academic success at university? Feeling a little overwhelmed by all the changes and challenges? This workshop is for you! Discover tools, tips and strategies to get you started on the right path to achieving your academic goals!

Time Management
Where does the time go? Are you having trouble balancing school, work, and life? How much study time is enough? Learn practical, personalized approaches to managing your time that work for you.

Learning Power
Looking for ways to become a better student and boost your learning power? This workshop will help you "learn how to learn", explore your own learning preferences, and introduce you to the top, research-supported learning strategies.

Reading & Note-Taking
Many students find keeping up with the readings and lecture notes at university to be a real challenge. Learn more effective reading and note taking techniques to help you stay on top of your course work.

LSS Workshop Topics

Guide to Remote Learning (*NEW*)
Want to build your skills and knowledge about Remote Learning, but not sure where to start? This interactive session will walk you through the online Student Guide to Remote Learning, with time for questions and hands-on help from the experts at Learning Skills

Presentation Skills
Does the thought of presenting in front of a group make you nervous? If so, you're not alone. This workshop will provide you with the essential tools you need to effectively develop and deliver a presentation

Exam Prep
Multiple choice, short answer, calculations, or essay style – which form is your personal nemesis? Whatever the format, midterms or finals, if you could use some help in preparing for exams, then this workshop is for you!

Critical Thinking
At university, learning involves much more than just memorizing facts and figures. This workshop will help you push beyond purely descriptive levels of thinking to deeper levels of understanding, analysis, critical thinking and evaluation.

Managing Academic Stress
Are you feeling stressed out by the pressures of academic life and looking for better ways to handle the daily grind? Learn effective strategies for handling the anxieties and stresses of university life.

For details on how to register for workshops and our other services, please visit our website at http://yorku.ca/scll/learning-skills