



<b>Workshops are open to all York students.</b> For registration information, visit our website: <a href="https://www.yorku.ca/sclcd/learning-skills/">https://www.yorku.ca/sclcd/learning-skills/</a>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 	5	6	7 1 <sup>st</sup> Day of Classes	8 Winter Orientation <a href="https://www.yorku.ca/orientationdev/">https://www.yorku.ca/orientationdev/</a>
11 Secrets of Academic Success 12:00-1:00	12 Starting off Strong (*For 1 <sup>st</sup> year only) 12:30-1:30	13 Time Management 3:00-4:00	14 Learning Power 2:00-3:00	15 Reading & Note-taking 3:00-4:00
18 Time Management 12:00-1:00 ----- 2:00-3:00 Guide to Remote Learning	19 Secrets of Ac Success 12:30-1:30	20 Reading & Notetaking 11:30-12:30 ----- Starting Off Strong 3:00-4:00	21 Time Management 11:00-12:00 ----- <i>Online Academic Presentation Skills - for Grad Students ONLY</i> 2:00-3:00	22 Secrets of Academic Success 3:00-4:00
25 Presentation Skills 10:30-11:30	26 Learning Power 12:30-1:30	27 Exam Prep 11:30-12:30 ----- <i>Time Management – for Mature Students</i> 4:30-5:30	28 Critical Thinking 11:00-12:00	29 1:00-2:00 Guide to Remote Learning ----- Managing Academic Stress 3:00-4:00

Schedule subject to change – please visit <https://www.yorku.ca/sclcd/learning-skills/> for the most up to date schedule



## **LSS Workshop Topics**

### **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 (1<sup>st</sup> 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.

### **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.

## **Learning Skills Services**

Learning Skills Services (LSS) are about "learning how to learn", helping you take charge of your own learning and building your academic skill set and confidence.