



LSS Workshop Topics

Critical Thinking

At university, learning involves 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.

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!

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.

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.

Memory

Learn techniques to help you transfer all that course work information into your long-term memory, along with the strategies you'll need to retrieve the information when you most need it.

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

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.

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.

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

For details on how to register for workshops and our other services, visit our website:

<http://yorku.ca/scld/learning-skills>

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.