

SEPTEMBER LEARNING SKILLS WORKSHOPS

All workshops are in MCK 005. If you have questions regarding accessibility, or require information in another format, please contact jurys@brandonu.ca

1.

Kick start your studies: The top 5 tips for a successful first year

Whether you're starting your first year or returning to university after a while, learn the top 5 things you should do in your first few weeks of university to get the year started right. This workshop will discuss university expectations and goal setting.

Tuesday, September 3, 1:00–2:00 pm
Friday, September 6, 3:40–4:40 pm

2.

Staying on track: Creating an effective study schedule

There's a lot to keep track of at university: deadlines, readings, study sessions, and Bobcats games! How do you juggle it all, while still having time for yourself? This workshop will cover term and weekly planning strategies, alongside the importance of prioritising your tasks and commitments.

Friday, September 6, 2:40–3:30 pm
Tuesday, September 10, 12:40–1:30 pm

3.

Do I have to read it all?: Effective reading strategies for textbooks and articles

If you're finding yourself re-reading the same pages over and over again, or if you're feeling overwhelmed by the sheer amount of reading in your classes, come to this workshop to learn how to get the most out of your textbook and assigned readings.

Wednesday, September 11, 2:40–3:30 pm
Tuesday, September 17, 12:40–1:30 pm

4.

But it's all important!: Effective note taking strategies for readings and in-class

Do you find you're highlighting everything in your textbook, or trying to write out what your instructor says, word-for-word? Wondering how to figure out what you should be recording – and what you should leave out? This workshop will discuss both methods for taking notes as well as ways to identify the key concepts you should be making notes on.

Wednesday, September 18, 2:40–3:30 pm
Tuesday, September 24, 12:40–1:30 pm

5.

Managing midterms: Study and test taking strategies

Exams don't have to be a stressful experience: come along to this workshop to learn how to get the most out of your study time through various study strategies. We'll also discuss tips for taking multiple-choice tests and tackling written answer questions.

Wednesday, September 25, 2:40–3:30 pm



Book a 1-1 appointment online!



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Workshops are hosted by:
Dr Stephanie Jury, Learning Skills Specialist, Student Services

OCTOBER–DECEMBER LEARNING SKILLS WORKSHOPS

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Tuesday, October 1, 12:40–1:30 pm

2.

Improving your memory: Strategies to improve your encoding, retention and retrieval

It can be frustrating to read, study, and repeat, only to find you don't remember the material you've spent all that time on. In this workshop we'll cover study strategies to improve your ability to retain and retrieve information.

Wednesday, October 2, 2:40–3:30 pm

Tuesday, October 8, 12:40–1:30 pm

Wednesday, November 20, 2:40–3:30 pm

3.

Overcoming the mid-term slump: Decreasing procrastination and increasing concentration

Motivation can begin to wane after midterms: join us in this workshop as we discuss strategies for increasing concentration and productivity, ways to manage your workload, and how to avoid burnout.

Wednesday, October 9, 2:40–3:30 pm

Tuesday, November 19, 12:40–1:30 pm

4.

Focusing on finals: Final exam planning and study tips

Whether your final exam is cumulative or just covers content from the last midterm, this session will give you tools for dividing – and conquering – your content. In the workshop we'll discuss 5- and 8- day study plans, study strategies, and review multiple-choice test taking tips (as discussed in the Managing Midterms workshop).

Tuesday, November 26, 12:40–1:30 pm

Tuesday, December 3, 12:40–1:30 pm



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