

Learning Strategies

Listening and Note-taking (synchronous workshop/SALS ONLINE module)

Explore strategies to become an active listener, enhance your note-taking skills during class, and improve your use of class notes as study tools. You will learn a number of note-taking formats.

Mature Learner Transitioning to College (synchronous workshop/SALS ONLINE module)

Learn strategies to prepare for your studies, manage your time, and locate resources to help you as you balance all your other commitments.

Overcoming Procrastination (synchronous workshop/SALS ONLINE module)

Discuss procrastination and recognize how and why you procrastinate. Learn strategies for minimizing procrastination and work through activities that result in a plan for avoiding and overcoming procrastination.

Study Strategies (synchronous workshop/SALS ONLINE module)

Understand how you learn and how to use the science of learning to get the most from your study time. Learn strategies regarding time of day to study, study spaces, and group studying.

Test and Exam Preparation (synchronous workshop/SALS ONLINE module)

Develop strategies to help you prepare for and complete tests and exams. Learn about a number of test and exam question formats and terminology.

Time Management and Organization (synchronous workshop/SALS ONLINE module)

Start off your semester properly by learning strategies to manage your time. Use various tools to get organized and become a more efficient student.