



LSS Workshop Topics

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.

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.

Mastering Group Work

Working collaboratively is a key skill not just for success at university, but also in the work world. This workshop is designed to help you and your classmates master the art of effective group work.

Math & Science Problem Solving Skills

Why are math-related, problem solving courses so challenging? To cope with the unique learning demands of these courses, you need special strategies to achieve academic success. Attend this workshop to find out more!

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.

Staying Motivated Studying Remotely

Remote learning is challenging. You're still expected to master complex, high-level course content but without the helpful structure of attending lectures on campus and connecting with classmates in person. If you're wondering how to stay motivated while studying from home, this workshop is for you!

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, please visit our website at

<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.