

Winter 2022 Presentation Schedule

Zoom links for online presentations are also available at learning.uwo.ca.

In-person presentations are subject to change. Please **click here** for the most up-to-date presentation locations or visit learning.uwo.ca.

JANUARY

BUILDING YOUR LEARNING TOOLKIT

PRESENTATION	DATE	TIME	LOCATION
Successful Time Management	Monday January 10	2:00pm - 3:00pm	<u>ONLINE</u>
Key Strategies for Academic Success	Tuesday January 11	2:00pm - 3:00pm	<u>ONLINE</u>
Enhance Your Note-Taking Skills	Wednesday January 12	2:30pm - 3:30pm	<u>ONLINE</u>
Reading Strategies for International Students	Thursday January 13	1:30pm - 2:30pm	<u>ONLINE</u>
Effective Learning in STEM Courses	Tuesday January 18	3:30pm - 4:30pm	<u>ONLINE</u>
Learning from Lectures	Wednesday January 19	3:30pm - 4:30pm	<u>ONLINE</u>
Effective Textbook Strategies	Thursday January 20	12:30pm - 1:30pm	<u>ONLINE</u>
Studying for STEM Midterms	Tuesday January 25	4:30pm - 5:30pm	<u>ONLINE</u>
Studying for Midterms	Thursday January 27	4:30pm - 5:30pm	<u>ONLINE</u>

PREPARING FOR MIDTERMS

FEBRUARY

PRESENTATION	DATE	TIME	LOCATION
Writing Multiple-Choice Tests	Tuesday February 1	3:30pm - 4:30pm	<u>ONLINE</u>
Memory Strategies	Wednesday February 2	1:30pm - 2:30pm	<u>ONLINE</u>
Writing Essay Tests	Tuesday February 8	11:30am - 12:30pm	<u>ONLINE</u>
Managing Time for Midterms	Wednesday February 9	3:30pm - 4:30pm	<u>ONLINE</u>
Managing Test Stress	Tuesday February 15	12:30pm - 1:30pm	<u>ONLINE</u>

MARCH

STAYING FOCUSED

PRESENTATION	DATE	TIME	LOCATION
Staying Motivated in Grad School	Wednesday March 2	3:30pm - 4:30pm	<u>ONLINE</u>
Putting Off Procrastination	Tuesday March 8	12:30pm - 1:30pm	<u>ONLINE</u>

PREPARING FOR FINALS

PROCRASTINATION AWARENESS WEEK: MARCH 14 - 18. PRESENTATION DETAILS AT LEARNING.UWO.CA .			
Managing Time for Finals	Tuesday March 22	2:30pm - 3:30pm	UCC 147A/B
Studying for Exams	Wednesday March 23	4:30pm - 5:30pm	UCC 147A/B
Memory Strategies	Thursday March 24	10:30am - 11:30am	<u>ONLINE</u>
Preparing for STEM Exams	Monday March 28	4:30pm - 5:30pm	UCC 147A/B
Writing Essay Tests	Tuesday March 29	1:30pm - 2:30pm	<u>ONLINE</u>
Managing Test Stress	Wednesday March 30	3:30pm - 4:30pm	UCC 147A/B
Writing Multiple-Choice Tests	Thursday March 31	3:00pm - 4:00pm	UCC 147A/B

Learning Development & Success also offers...

PEER ASSISTED LEARNING (PAL) CENTRE

Develop effective learning strategies and get free, one-to-one, course-specific help. Help is provided by highly trained, academically successful senior level students who can provide assistance with course-specific learning in over 150 Western and Affiliate College courses. Visit palcentre.uwo.ca for more information.

INDIVIDUAL APPOINTMENTS

Confidential appointments with a learning or math/science specialist are available to help students achieve academic success. If you want to improve performance or increase efficiency by developing new learning strategies or discover ways to improve motivation and lessen academic stress, book an individual appointment with a learning specialist by emailing learning@uwo.ca or calling 519-661-2183.

LEARN2THRIVE

Being a student doesn't mean that you have to be satisfied with living in a state of survival. Join our holistic 10-week program and learn how to thrive, both academically and personally. Learn2Thrive offers strategies, tools, and support that can make a real difference. Visit learn2thrive.uwo.ca for more information.

MINDFUL MOMENTS

Weekly drop-in mindfulness practices live on Zoom to help both graduate and undergraduate students relax, recharge, and refocus. Offered January 10 to April 18, 12:30pm. Visit mindfullearning.uwo.ca for more information and to access the Zoom link.

COURSE-SPECIFIC STUDY SESSIONS

Learn how to study more effectively for your tests and exams in a variety of subjects and get your course-specific learning questions answered. Visit learning.uwo.ca for more information regarding course subjects, dates, and times.

LEARNING
DEVELOPMENT & SUCCESS



Western
StudentExperience