

Winter 2024 Schedule

Asynchronous Presentations

Browse our library of pre-recorded presentations that you can access anytime, anywhere to improve your learning. See learning.uwo.ca/presentations.

Synchronous Presentations

Our live presentation series is organized to help you tackle different skills throughout the term.

All sessions take place on Zoom. Meeting ID: 966 6401 2894 | Passcode: 544980 (or click link beside session in table below).

JANUARY

GET STARTED
STRONG

PRESENTATION	DATE	TIME	LOCATION
Successful Time Management	Monday January 15	2:30pm - 3:30pm	ZOOM
Effective Learning in STEM Courses	Thursday January 18	11:00am - 12:00pm	ZOOM

FEBRUARY

GET READY
FOR EXAMS

PRESENTATION	DATE	TIME	LOCATION
Studying for and Writing STEM Exams	Thursday February 8	11:00am - 12:00pm	ZOOM
Studying for Exams	Friday February 9	2:00pm - 3:00pm	ZOOM
Reading Strategies for Grad Students	Monday February 26	1:30pm - 2:30pm	ZOOM

MARCH

GET
MOTIVATED

GET READY FOR
EXAMS (AGAIN)

PRESENTATION	DATE	TIME	LOCATION
Bounce Back from Mistakes	Tuesday March 5	2:00pm - 3:00pm	ZOOM
Time Management for Grad Students	Wednesday March 6	2:00pm - 3:00pm	ZOOM
Studying for and Writing STEM Exams	Tuesday March 26	2:30pm - 3:30pm	ZOOM
Managing Time for Exams	Wednesday March 27	12:30pm - 1:30pm	ZOOM
Studying for Exams	Thursday March 28	11:00am - 12:00pm	ZOOM

POWERING YOUR
GRADUATE JOURNEY

Workshops

Mindfulness for ADHD: Discussion & Practice

In this workshop we will discuss what mindfulness is and the benefits of mindfulness for students with ADHD. We will also practice some guided activities together. No prior experience with mindfulness is necessary to participate.

DATE	TIME	LOCATION
Wednesday January 17	10:00am - 11:00am	WSSB 3130
Tuesday February 13	10:00am - 11:00am	WSSB 3130
Monday March 11	10:00am - 11:00am	WSSB 3130
Friday April 5	10:00am - 11:00am	WSSB 3130