

Winter 2023 Presentation Schedule

Including **grad student** sessions.

LEARNING
DEVELOPMENT & SUCCESS

Western  StudentExperience

PRESENTATIONS BY SERIES

Our presentation series is organized to help you tackle different skills throughout the term. All topics listed are available in pre-recorded format (see learning.uwo.ca/presentations). In addition, presentation titles appearing in **bolded green** font are also available in live format (see schedule below).



GRAD STUDENTS

- **Staying Motivated in Grad School**



GET STARTED STRONG

- **Successful Time Management**
- Optimize Lecture Learning
- Effective Textbook Strategies
- Enhancing Your Notetaking Skills



SCIENCE, TECH, ENGINEERING, MATH (STEM)

- See live presentations below



GET MOTIVATED

- Putting off Procrastination
- Creating Effective Learning Habits







GET READY FOR EXAMS





- **Preparing for Midterm Tests**
- **Writing Multiple-choice Tests**
- Essay Exam Essentials
- Maximize Your Memory
- Managing Test Anxiety

LIVE PRESENTATIONS (ZOOM)

JANUARY

SERIES	PRESENTATION (CLICK TITLE TO JOIN)	DATE	TIME
	Key Strategies for Academic Success	Wednesday January 11	1:30pm - 2:30pm
	Effective Learning in STEM Courses	Thursday January 12	12:30pm - 1:30pm
	Reading Strategies for Grad Students	Monday January 16	1:00pm - 2:00pm
	Successful Time Management	Tuesday January 17	2:30pm - 3:30pm

FEBRUARY

SERIES	PRESENTATION (CLICK TITLE TO JOIN)	DATE	TIME
	Preparing for Midterm Tests	Thursday February 2	11:30am - 12:30pm
	Preparing for and Writing STEM Tests	Monday February 6	11:30am - 12:30pm
	Writing Multiple-choice Tests	Wednesday February 8	12:30pm - 1:30pm
	Time Management for Grad Students	Wednesday February 22	11:00am - 12:00pm

MARCH

SERIES	PRESENTATION (CLICK TITLE TO JOIN)	DATE	TIME
	Staying Motivated in Grad School	Thursday March 23	2:00pm - 3:00pm
	Preparing and Managing Time for Exams	Thursday March 30	1:30pm - 2:30pm

Learning Development & Success also offers...

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 through learning.uwo.ca.

LEARN2THRIVE (COURSE-BASED)

Being a student doesn't mean that you have to be satisfied with living in a state of survival. If you're taking courses as part of your graduate degree program, 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.

LEARN2THRIVE IN GRAD SCHOOL

If you're in the research or writing stage of your graduate degree program, the 5-week Learn2Thrive in Grad School program can help you redefine 'thriving' as it relates to your own unique journey. Build traits like grit, flow, and self-compassion and skills like time management, sustaining motivation, and notetaking & organization. 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 Mondays starting January 16 at 12:00pm (excluding Reading Week). Visit mindfullearning.uwo.ca for more information and to access the Zoom link.

OWN YOUR FUTURE

Doctoral candidates have access to Own Your Future - a co-curricular career and professional development program customized for you to advance your skills for success in your studies and beyond. Sessions led by Learning Development & Success staff in the Winter 2023 term include:

- **Time Management** - Tuesday, January 24, 11:30 a.m. - 12:30 p.m.
- **Mindful Preparation for Comprehensive and Evaluations** - Wednesday, April 19, 1:30 p.m. - 2:30 p.m.
- **Staying Motivated in Grad School** - Wednesday, May 17, 2:30 p.m. - 3:30 p.m.

Find more information and register via the [Own Your Future website](#).

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