

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).



GET STARTED STRONG

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



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



SCIENCE, TECH, ENGINEERING, MATH (STEM)

- *See live presentations below*

LIVE PRESENTATIONS (ZOOM)


JANUARY

SERIES	PRESENTATION (CLICK TITLE TO JOIN)	DATE	TIME
	<u>Key Strategies for Academic Success</u>	Wednesday January 11	1:30pm - 2:30pm
	<u>Effective Learning in STEM Courses</u>	Thursday January 12	12:30pm - 1:30pm
	<u>Successful Time Management</u>	Tuesday January 17	2:30pm - 3:30pm

FEBRUARY

SERIES	PRESENTATION (CLICK TITLE TO JOIN)	DATE	TIME
	<u>Preparing for Midterm Tests</u>	Thursday February 2	11:30am - 12:30pm
	<u>Preparing for and Writing STEM Exams</u>	Monday February 6	11:30am - 12:30pm
	<u>Writing Multiple-choice Tests</u>	Wednesday February 8	12:30pm - 1:30pm

MARCH

SERIES	PRESENTATION (CLICK TITLE TO JOIN)	DATE	TIME
	<u>Preparing and Managing Time for Final Exams</u>	Thursday March 30	1:30pm - 2:30pm

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 through learning.uwo.ca.

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 Mondays starting January 16 at 12:00pm (excluding Reading Week). Visit mindfullearning.uwo.ca for more information and to access the Zoom link.

LEARNING
DEVELOPMENT & SUCCESS



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