

Fall 2022 Workshop Schedule

SEPTEMBER

**All workshops are available to attend online or in-person.*

PRESENTATION	DATE	TIME	IN-PERSON	ONLINE
Key Strategies for Academic Success	Thursday	September 8	2:30pm - 3:30pm	UCC 147A/B JOIN
Successful Time Management	Friday	September 9	10:30am - 11:30am	UCC 147A/B JOIN
Memory Strategies	Tuesday	September 13	12:30pm - 1:30pm	UCC 147A/B JOIN
Effective Learning in STEM Courses	Tuesday	September 13	5:30pm - 6:30pm	UCC 147A/B JOIN
Learning from Lectures	Wednesday	September 14	3:30pm - 4:30pm	UCC 147A/B JOIN
Enhance Your Note-Taking Skills	Thursday	September 15	2:30pm - 3:30pm	UCC 147A/B JOIN
Effective Textbook Strategies	Tuesday	September 20	11:30am - 12:30pm	UCC 147A/B JOIN
Studying for and Writing STEM Midterms	Tuesday	September 20	5:30pm - 6:30pm	UCC 147A/B JOIN
Successful Time Management	Wednesday	September 21	12:30pm - 1:30pm	UCC 147A/B JOIN
Time Management for Grad Students	Wednesday	September 21	2:30pm - 3:30pm	UCC 147A/B JOIN
Studying for Midterms	Tuesday	September 27	12:30pm - 1:30pm	UCC 147A/B JOIN
Writing Multiple-Choice Tests	Wednesday	September 28	3:30pm - 4:30pm	UCC 147A/B JOIN

OCTOBER

PRESENTATION	DATE	TIME	IN-PERSON	ONLINE
Managing Time for Midterms	Tuesday	October 4	3:30pm - 4:30pm	UCC 147A/B JOIN
Managing Test Stress	Wednesday	October 5	12:30pm - 1:30pm	UCC 147A/B JOIN
Memory Strategies	Wednesday	October 12	11:30am - 12:30pm	UCC 147A/B JOIN
Writing Essay Tests	Thursday	October 13	12:30pm - 1:30pm	WSSB 3134 JOIN
Studying for Midterms	Monday	October 17	12:30pm - 1:30pm	UCC 147A/B JOIN
Studying for and Writing STEM Midterms	Thursday	October 20	3:30pm - 4:30pm	UCC 147A JOIN
Writing Multiple Choice Tests	Wednesday	October 26	10:30am - 11:30am	UCC 147A/B JOIN

NOVEMBER

PRESENTATION	DATE	TIME	IN-PERSON	ONLINE
Reading Strategies for Grad Students	Thursday	November 1	1:30pm - 2:30pm	WSSB 3134 JOIN
Staying Motivated in Grad School	Monday	November 7	2:30pm - 3:30pm	UCC 147A/B JOIN
Putting Off Procrastination	Tuesday	November 8	11:30am - 12:30pm	UCC 147A/B JOIN
Writing Essay Tests	Tuesday	November 15	11:30am - 12:30pm	WSSB 3134 JOIN
Studying for Exams	Thursday	November 17	3:30pm - 4:30pm	WSSB 3134 JOIN
Managing Time for Exams	Tuesday	November 22	12:30pm - 1:30pm	WSSB 3134 JOIN
Memory Strategies	Wednesday	November 23	3:30pm - 4:30pm	UCC 147A/B JOIN
Studying for and Writing STEM Midterms	Tuesday	November 29	11:30am - 12:30pm	UCC 147A/B JOIN
Managing Test Stress	Tuesday	November 29	1:30pm - 2:30pm	WSSB 3134 JOIN
Studying for Exams	Wednesday	November 30	3:30pm - 4:30pm	WSSB 3134 JOIN

DECEMBER

PRESENTATION	DATE	TIME	IN-PERSON	ONLINE
Writing Multiple Choice Tests	Wednesday	December 7	1:30pm - 2:30pm	WSSB 3134 JOIN
Managing Test Stress	Thursday	December 8	2:30pm - 3:30pm	WSSB 3134 JOIN

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. Help is provided both virtually or in-person on a drop-in basis for all Western and Affiliated College students. Visit palcentre.uwo.ca for our hours of operation and how to access help.

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 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 multi-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. 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.

STUDY WITH ME

Come together with peers to study in an online quiet space. Visit studywithme.uwo.ca for details.

LEARNING
DEVELOPMENT & SUCCESS



Western
StudentExperience