

# Fall 2023 Presentation Schedule

Our presentation series is organized to help you tackle different skills throughout the term. Many topics listed are available in pre-recorded format (see [learning.uwo.ca/presentations](https://learning.uwo.ca/presentations)).

All sessions take place  
in the Weldon Library  
Community Room.



## SEPTEMBER

GET STARTED STRONG

PRESENTATION	DATE	TIME	LOCATION
Key Strategies for Academic Success	Thursday September 7	2:30pm - 3:30pm	Weldon
Successful Time Management	Monday September 11	11:30am - 12:30pm	Weldon
Effective Learning in STEM Courses	Tuesday September 12	1:30pm - 2:30pm	Weldon
Effective Textbook Strategies	Wednesday September 13	1:30pm - 2:30pm	Weldon
Enhance Your Note-Taking Skills	Thursday September 14	12:30pm - 1:30pm	Weldon
Learning from Lectures	Monday September 18	11:30am - 12:30pm	Weldon

GET READY FOR EXAMS

Managing Time for Exams	Monday September 25	12:30pm - 1:30pm	Weldon
Studying for and Writing STEM Exams	Tuesday September 26	4:15pm - 5:15pm	Weldon
Memory Strategies	Wednesday September 27	9:30am - 10:30am	Weldon
Writing Multiple-Choice Tests	Thursday September 28	11:30am - 1:30pm	Weldon
Studying for Exams	Thursday September 28	1:30pm - 2:30pm	Weldon

## OCTOBER

PRESENTATION	DATE	TIME	LOCATION
Managing Test Stress	Monday October 2	1:30pm - 2:30pm	Weldon
Writing Essay Tests	Tuesday October 3	12:30pm - 1:30pm	Weldon

## NOVEMBER

GET MOTIVATED

PRESENTATION	DATE	TIME	LOCATION
Putting Off Procrastination	Tuesday November 7	12:30pm - 1:30pm	Weldon
Bounce Back from Mistakes	Wednesday November 8	3:30pm - 4:30pm	Weldon
Creating Effective Learning Habits	Thursday November 9	1:30pm - 2:30pm	Weldon

GET READY FOR EXAMS (AGAIN)

Memory Strategies	Monday November 27	1:30pm - 2:30pm	Weldon
Studying for and Writing STEM Exams	Tuesday November 28	1:30pm - 2:30pm	Weldon
Managing Time for Exams	Tuesday November 28	4:30pm - 5:30pm	Weldon
Writing Multiple-Choice Tests	Thursday November 30	11:30am - 12:30pm	Weldon
Studying for Exams	Thursday November 30	3:30pm - 4:30pm	Weldon

## DECEMBER

PRESENTATION	DATE	TIME	LOCATION
Writing Essay Tests	Monday December 4	1:30pm - 2:30pm	Weldon
Managing Test Stress	Wednesday December 6	10:30am - 11:30am	Weldon

# 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 peer tutoring support in over 150 Western and Affiliate College courses. Visit [palcentre.uwo.ca](http://palcentre.uwo.ca) for more information.

## INDIVIDUAL APPOINTMENTS

Confidential appointments with learning specialists 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](http://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](http://learn2thrive.uwo.ca) for more information.

## MINDFULNESS SUPPORTS

Mindfulness can help improve focus, lower anxiety, and enhance your learning. You can learn about the benefits of mindfulness on our website, by accessing our self-guided online course & materials, and by joining our drop-in or registration-based mindfulness groups throughout the term. Learn more at [mindfullearning.uwo.ca](http://mindfullearning.uwo.ca).

**LEARNING**  
DEVELOPMENT & SUCCESS



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