



July

WORKSHOP TOPICS Learning Skills Services

<http://lss.info.yorku.ca>

Twitter: @mysuccessyorku

Learning Style

Just because your friends study a certain way doesn't mean their approaches will work for you. Find out your own learning style and discover how to improve your academic performance!

Managing Academic Stress

Are you feeling overwhelmed by your workload and struggling to get good grades? Learn new strategies for managing the anxieties and stresses of university life.

Memory

Most people only use a tiny fraction of their brain power. Learn techniques to help you transfer all that course work information into your long term memory, along with the strategies you'll need to retrieve the information when you most need it.

Reading & Note-Taking

Many students find keeping up with the readings and lecture notes at university to be a real challenge. Learn more effective reading and note taking techniques to help you stay on top of your course work.

Time Management

Where does the time go? Are you having trouble balancing school, work, and life? How much study time is enough? Learn practical, personalized approaches to managing your time that work for you.

Writing Tips

Term paper coming due? Essay to write? Academic writing can be a challenge. This workshop will help you plan, organize and fine-tune your writing, from picking a topic, right through to final proofreading.

LEARNING SKILLS SERVICES July 2017 Workshop Calendar

**Workshops are open to all York students
No need to register ahead, just come!**

Location: SMIL (Sound and Moving Images Library) Screening Rm, Scott Library

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July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 3:00-4:00 Reading & Note-Taking *(Drop-In 4:00-4:30)	5 2:00-3:30 Peer Academic Coaching	6 11:30-12:30 Time Management *(Drop-In 12:30-1:00)	7 	8
9	10	11 1:00-2:00 Learning Style *(Drop-In 2:00-2:30)	12 2:00-3:30 Peer Academic Coaching	13 12:30-1:30 Memory *(Drop-In 1:30-2:00)	14	15
16	17 	18 2:30-3:30 Writing Tips *(Drop-In 3:30-4:00)	19 2:00-3:30 Peer Academic Coaching	20 1:30-2:30 Learning Style *(Drop-In 2:30-3:00)	21	22
23	24	25 12:30-1:30 Managing Academic Stress *(Drop-In 1:30-2:00)	26 2:00-3:30 Peer Academic Coaching	27 12:00-1:00 Memory *(Drop-In 1:00-1:30)	28	30
30	31					

Drop-In: *Available immediately after workshops at SMIL OR on Tuesdays-Thursdays from 9-11 at the Learning Commons Welcome Desk

Peer Academic Coaching: BY APPOINTMENT ONLY Wednesdays at 2-3:30 at the LSS Drop-In pod (Schedule your appointment at <https://yorku.mywconline.net/>.)

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