

Registration

Learning Skills Workshops run throughout the Fall and Winter terms, with core topics also offered during the Summer term through the Learning Commons. Students may attend as many workshops as they wish. Pre-registration is not necessary, but our workshops are popular so arrive early for a good seat! To view the monthly workshop calendar, visit our website lss.info.yorku.ca. Workshop schedules can also be picked up in person at the main CDS Reception Area in Bennett N110.

Individual learning skills counselling is available year-round to all currently enrolled York University students (undergraduate and graduate). To access Learning Skills counselling services, a completed LSS registration package must be submitted, which includes a Self-Assessment Questionnaire, along with a Request for Appointment form. When the completed package is received, the receptionist in Bennett N110 will book the requested appointment with one of our Learning Skills Specialists, on a first-come, first-served basis.

For more information, please contact:

Learning Skills Services

N110 Bennett Centre for Student Services

Tel: 416-736-5297 Fax: 416-736-5633

Web Site: lss.info.yorku.ca

counselling & disability services

**Learning
Skills
Services**

Learning Skills Services

N110 Bennett Centre
York University, 4700 Keele Street
Toronto, ON M3J 1P3

Tel: 416-736-5297 Fax: 416-736-5633

lss.info.yorku.ca

Learning How To Learn

The Learning Skills Services (LSS) include workshops and counselling services designed to improve student learning skills and academic confidence. In short, LS services are about learning how to learn and improving student effectiveness and efficiency as learners. From easing the transition into university by fostering effective new study strategies, to enhancing academic skills in upper years, to coaching graduate students in the study habits and practices necessary for completing their degree requirements, the Learning Skills Services are there to help students meet the academic demands of university life, take charge of their own learning, build academic confidence and enhance their overall sense of well-being and engagement in their studies.

Learning Skills Counselling

Throughout the year, students may meet individually with a Learning Skills Specialist for help in developing and improving study skills and strategies. Many factors impact academic success including motivation, self-discipline and psychological wellness. Where appropriate, referrals to other services or types of counselling may be recommended.

Confidentiality

All information pertaining to clients is kept confidential within the Counselling & Disability Services in accordance with the standards of practice of psychologists and social workers and applicable provincial laws.

Learning Skills Services Offerings

All current York University students (undergraduate or graduate) may access Learning Skills Services. These include: **Learning Skills workshops** offered regularly at the Bennett Centre (Fall and Winter Terms) and through the Learning Commons at Scott Library (year-round), brochures and **on-line resources**, individual Learning Skills **counselling** and **graduate student coaching**, as well as **customized “outreach” workshops** and presentations to classrooms and campus groups, on a first-come, first-served basis.

Learning Skills Workshops

With a full roster of topics offered regularly throughout the Fall and Winter Terms, and core workshops also offered during the Summer Terms, Learning Skills Workshops offer students the opportunity to learn effective study strategies and improve learning skills, in a relaxed, small group setting. Students may attend as many workshops as they wish, and can find the current workshop calendar on our website lss.info.yorku.ca.

Passport to Success

Students who attend a minimum of 8 Learning Skills Workshops at any time throughout their academic career at York University may receive a signed “Passport to Success” certificate, a valuable addition to any academic portfolio. Visit our website lss.info.yorku.ca for more information and to print a copy of the “Passport to Success” brochure.

Current Workshop Topics

Critical Thinking

Exam Prep

Learning Style

Math and Science Problem-Solving Skills

Memory Strategies

Overcoming Test Anxiety

Presentation Skills

Reading and Note-Taking

Study Secrets

Time Management

Writing Tips

Services for Graduate Students

Graduate students have a unique set of needs and the Learning Skills Services are here to meet these, too. High work standards and expectations (both from within and without) coupled with the lack of structure of most graduate programs can lead to confusion, writer’s block and anxiety. Meeting with a Learning Skills Specialist on a regular or occasional basis can help grad students to better manage their time, maintain momentum, organize the work flow, and successfully complete Master’s or PhD degree requirements within a reasonable length of time.

In addition, Learning Skills staff are willing to work with individuals and/or groups of graduate students, to custom-design workshops to fit their needs and/or to facilitate thesis/dissertation support groups as needed. Please contact us and let us know how we can help!

Classroom / Special Workshops

On a limited first-come first-served basis, the Learning Skills Services can send a representative to individual classrooms and other campus events to provide customized sessions on academic skills. To ensure that a Learning Skills Specialist is available, please submit requests well in advance and we will do our best to assist, time and resources permitting. We are always happy to consult with faculty and staff about Learning Skills.

Website

For information about all Learning Skills Services including monthly calendars of workshops, tips for enhancing academic success, and downloadable brochures on specific learning skills topics, please visit the LSS website at www.yorku.ca/cdc/lss.