

Welcome to **Learning Skills Services**.
We're here to help you develop the skills
needed to achieve your academic goals.

Workshops offered through Learning Skills Services (LSS) are designed to improve your learning skills and help you achieve your academic goals. In short, learning skills are about "learning how to learn" and improving your effectiveness and efficiency as a learner.

If you complete eight or more
of our workshops, you qualify
for our **Passport to Success
Certificate**, which can be added
to your **Co-Curricular Transcript**.



Bring this **Passport to Success
Checklist** to each workshop to be
signed by the facilitator.



Learning Skills Services

For monthly calendars and descriptions of our services, please visit our website or contact us at 416-736-5297.

lss.info.yorku.ca

 [@mysuccessyorku](https://twitter.com/mysuccessyorku)



Passport to Success

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lss.info.yorku.ca

Learning Skills Workshops

CRITICAL THINKING

Learning involves more than memorizing facts and figures. Learn to push beyond descriptive levels by examining deeper levels of understanding, analysis, and critical thinking.

EXAM PREPARATION

Multiple choice, short answer, calculations or essay style – which form is your personal nemesis? Whatever the format on your midterms or finals, get help preparing for exams.

GET ON TRACK

Feeling so overwhelmed by upcoming deadlines and exams that you're not sure where to begin? We'll help you find the motivation to organize your workload into manageable steps. Get your academic goals back on track with hands-on planning.

LEARNING STYLE

Just because your friends study a certain way doesn't mean their approaches will work for you. Find 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.

MATH & SCIENCE STUDY TIPS

To cope with the unique learning demands of math and science courses, you need special strategies to achieve academic success. Attend this workshop to find out more!

MEMORY

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

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PRESENTATION SKILLS

Does the idea of presenting in front of a group give you the jitters? You're not alone. Develop the tools to effectively develop and deliver a presentation.

PROCRASTINATION/MOTIVATION (with Personal Counselling Services)

Is procrastination your enemy? Having trouble staying motivated? Come to this workshop to understand why you procrastinate and what you can do about it.

READING & NOTE-TAKING

Many students struggle to keep up with readings and lecture notes. Learn effective techniques to help you stay on top of your course work.

SECRETS OF ACADEMIC SUCCESS

Looking for key strategies to improve your academic achievement and confidence? Wondering which learning skills you most need to succeed at university? Take this workshop and find out!

STARTING OFF STRONG (1st year students only)

New to York U? Feeling a little overwhelmed? Discover tools, tips and strategies to get you on the path to achieving your academic goals!

TEST ANXIETY (with Personal Counselling Services)

Do your palms sweat, your heart race and your mind go blank at the thought of a test or exam? If severe test/exam anxiety is preventing you from academic success, then this workshop is for you!

TIME MANAGEMENT

Having trouble balancing school, work and life? How much study time is enough? Learn practical, personalized approaches for managing your time.

WRITING TIPS

Term paper 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.

Workshop Checklist

Name _____

Student # _____

E-mail _____

Please ask the facilitator to sign and date this checklist, after each workshop you attend.

WORKSHOPS I'VE ATTENDED

Critical Thinking _____

Exam Preparation _____

Get on Track _____

Learning Style _____

Managing Academic Stress _____

Math & Science Study Tips _____

Memory _____

Presentation Skills _____

Procrastination/Motivation _____

Reading & Note-taking _____

Secrets of Academic Success _____

Starting off Strong _____

Test Anxiety _____

Time Management _____

Writing Tips _____

Other _____

Other _____

Other _____

For a complete list of workshop descriptions visit:
lss.info.yorku.ca/workshops.