

Skills to Enhance Personal Success (STEPS) Winter 2019 Workshop Schedule

STEPS offers sessions to introduce practical methods that can help students improve learning and study skills across disciplines. All workshops are approximately 30 minutes in length.

JANUARY

<u>Date & Time</u>	<u>Workshop</u>	<u>Location</u>
21st @ 11:00am	Strategic Note Taking	Dillon Hall, Room 351
22nd @ 2:00pm	Test Anxiety	Dillon Hall, Room 351
24th @ 2:00pm	Multiple Choice Tests and Exams	Dillon Hall, Room 351
28th @ 11:00am	Planning & Organization	Leddy Library West, Rm 305
29th @ 3:00pm	Exam Strategies (FAHSS)	Dillon Hall, Room 351
30th @ 11:00am	Exam Strategies (Math & Science)	Essex Hall, Room 335

FEBRUARY

<u>Date & Time</u>	<u>Workshop</u>	<u>Location</u>
5th @ 11:00am	Effective Reading Strategies	Dillon Hall, Room 367
6th @ 11:00am	Effective Memory Strategies	Leddy Library West, Rm 305
11th @ 11:00am	Multiple Choice Tests and Exams	Dillon Hall, Room 351
12th @ 11:00am	Grit (How to Overcome a Setback)	Dillon Hall, Room 253
26th @ 11:00am	Planning & Organization	Dillon Hall, Room 253
27th @ 11:00am	Procrastination	Dillon Hall, Room 351

MARCH

<u>Date & Time</u>	<u>Workshop</u>	<u>Location</u>
5th @ 2:00pm	Strategic Note Taking	Dillon Hall, Room 253
6th @ 11:00am	Grit (How to Overcome a Setback)	Leddy Library West, Rm 305
12th @ 2:30pm	Procrastination	Dillon Hall, Room 253
13th @ 2:00pm	Test Anxiety	Dillon Hall, Room 351
26th @ 11:00am	Exam Strategies (Math & Science)	Essex Hall, Room 335
27th @ 1:00pm	Exam Strategies (FAHSS)	Leddy Library West, Rm 305

APRIL

<u>Date & Time</u>	<u>Workshop</u>	<u>Location</u>
2nd @ 2:00pm	Study Smarter, Not Harder	Dillon Hall, Room 253
3rd @ 11:00am	Multiple Choice Tests and Exams	Leddy Library West, Rm 305

Sessions are FREE!!!

NOTE: PRE-REGISTRATION IS NOT REQUIRED.

See reverse side for workshop descriptions

For specific inquiries, please contact:

Student Success and Leadership Centre - Dillon Hall, Room 111

Email: steps@uwindsor.ca

Phone: (519) 253-3000 Ext. 3471

www.uwindsor.ca/steps

WORKSHOP DESCRIPTIONS

Effective Memory Strategies

Learn to use the power of your imagination through new visualization techniques to help personalize your learning, understand your study material better, and recall these concepts more effectively. Want to be free from last minute cram sessions? We'll tell you how... and it doesn't involve more studying.

Effective Reading Strategies

Books, notes, additional readings, papers mounting... so much to read and learn in such a short time! Don't fret; you'll learn how to read effectively and how to find the important points you need to remember.

Exam Strategies (What to do BEFORE & DURING the exam)

How to prepare for so many midterms, tests, and exams? Does the idea of writing an exam send shivers down your spine? Learn more about concentration techniques and effective ways to prepare for your exams.

Grit

Perseverance means to stick with a goal you've set even after facing a difficulty of failure. Attend this session to learn how to overcome setback and develop a 'Growth Mindset'.

Multiple Choice Tests and Exams

"Why can't I get it right? All these choices seem to be the same! The professor is trying to trick me. This is not fair!" If you hear yourself venting your frustration this way, come to this session to receive some important tips and strategies for writing multiple choice exams.

Planning & Organization (Time Management)

As a student, you may have to juggle many responsibilities, which might include academics, a part time job, and family obligations. At the same time, you probably want to have a social life and get out into the community to pursue your hobbies. This session will give you some tips on how to deal efficiently with your seemingly chaotic university life.

Procrastination

"I'll pull an all-nighter to finish that paper." "There's always tomorrow to read that chapter; I'll watch my favourite show instead." Unfortunately, procrastination never goes away. Learn techniques to overcome procrastination so you don't always have to finish your work in a deadline-induced panic.

Strategic Note Taking

Taking quick and meaningful notes is not always easy. Learn effective ways to write faster and focus on those points that your professor wishes you to remember.

Study Smarter, Not Harder

Learn to be an independent learner by customizing your studying strategies. It is not about studying longer, it is about studying effectively! Find out how to make your own study aids, summary notes, and how to use visual and oral techniques that will suit your learning preference.

Test Anxiety

Feel stressed before and/or during exams? We will discuss "test anxiety", how it may be affecting you, and what you can do to take back control. Take the test-anxiety inventory, ask your burning questions, and practice a few simple yet effective relaxation techniques.