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## Study Skills Workshops

### PASSPORT TO SUCCESS

Student Name \_\_\_\_\_

Student Number \_\_\_\_\_

Email Address \_\_\_\_\_

WORKSHOP	FACILITATOR SIGNATURE
Class Participation and Student Resources	
Start at Your Library	
Effective Time Mapping	
Note-taking Techniques	
Reading Strategies	
Critical Thinking Skills	
Academic Writing	
Memory and Test-Taking Strategies	
Dealing with Stress	



THE UNIVERSITY OF WINNIPEG

# Study Skills Workshops

**PASSPORT TO SUCCESS**



DISCOVER · ACHIEVE · BELONG

## Study Skills Workshops

*Workshops offered through Academic Advising/Adult Learner Services are designed to improve your learning skills and to help you achieve your academic goals.*

Attend a minimum of seven workshops to achieve your 'Passport to Success'. Your completed, stamped Passport can be exchanged for our **Passport to Success Certificate**, a valuable addition to your portfolio.

For workshop dates and locations, and for full instructions on how to complete this certificate, please visit our website:

[www.uwinnipeg.ca](http://www.uwinnipeg.ca) ► Click **STUDENT** (top of main page) ► Click **STUDY SKILLS WORKSHOPS**

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### CLASS PARTICIPATION AND STUDENT RESOURCES

Participating in class, as an individual or as part of a group, helps you get the most out of your course. But many students find it difficult to voice their opinions and contribute to a class discussion. This workshop will introduce students to strategies that will help them overcome their reluctance to be active participants in the class. As well, you will be introduced to a variety of resources and staff available to assist you in succeeding in university studies, resources such as: Academic Advising, Accessibility Services, Student Intake, Counselling, Tutoring and the Mentor Program.

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### START AT YOUR LIBRARY

A large academic library can be a pretty scary place. With hundreds of thousands of books, journals, magazines, and videos on the shelves and online, how can you ever expect to find the information you need to complete your course assignments? Come join the UWinnipeg librarians to learn some strategies for taking full advantage of our wonderful library collection.

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### EFFECTIVE TIME MAPPING

Going to class, doing readings and assignments, studying for tests and exams, working, spending time with friends and family, playing sports, working out... How do you find time to do it all? This workshop will give you the opportunity to reflect on the attitudes and values you bring to your learning environment and how they impact on your goals and time management.

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### NOTE-TAKING TECHNIQUES

Good notes contribute to your overall success as a student. This workshop presents strategies for taking notes during lectures and while reading that will result in clear, concise, and meaningful notes which you can use for review and for research purposes.

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### READING STRATEGIES

Does reading make you sleepy? Do you spend a lot of time reading or re-reading without really knowing what you've read? This workshop will provide you with easy-to-use reading techniques that will help you read more effectively.

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### CRITICAL THINKING SKILLS

Critical thinking underlies all aspects of your university studies; it is essential to your success as a student. This workshop outlines the attitudes of a critical thinker and ways in which you can read, write, speak, and listen more effectively to become a critical thinker.

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### ACADEMIC WRITING

This workshop will present the basic elements and steps required to ensure you have a well-written academic paper. The writing process, from brainstorming to editing, and the use of citations will be discussed.

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### MEMORY AND TEST/EXAM-TAKING STRATEGIES

Don't like taking tests or exams? Don't do well on them? This workshop will provide you with simple techniques to improve your memory and prepare for tests and exams with a more positive attitude.

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### DEALING WITH STRESS: EXAMS/TESTS/CLASS PRESENTATIONS

Many students experience anxiety related to taking exams or tests which can result in marks that don't reflect their knowledge and ability. As well do you get the jitters when you do a presentation in front of the class? Some students become overwhelmed with negative thoughts and emotions. This workshop will present ways to help you become aware of those thoughts and emotions as well as how to manage them so they do not interfere with your ability to make effective class presentations or to do well on tests and exams.

For inquiries, please email: [f.leskovjan@uwinnipeg.ca](mailto:f.leskovjan@uwinnipeg.ca)  
Place in Email Subject Line: *Study Skills*