

# LEARNING SKILLS WORKSHOPS

## JULY CALENDAR

MON	TUES	WED	THURS	FRI
2 College Closed	3 12:35-1:25pm Memory & Concentration	4	5 10:45-11:35am Chill it's All Good! How to Manage Your Stress	6
9	10	11 12:35-1:25pm Group Work: The Struggle Is Real *(Live Stream)	12 10:45-11:35am Tips for Multiple Choice Tests	13
16	17 12:35-1:25pm Calm & Confident Test-prep & Test-taking	18 10:45-11:35am Chill it's All Good! How to Manage Your Stress *(Live Stream)	19	20
23	24	25 12:35-1:25pm Tips for Multiple Choice Tests *(Live Stream)	26 10:45-11:35am Calm & Confident Test-prep & Test-taking	27



All workshops are held in **WEL207**, unless otherwise indicated.



\* **Live Stream** selected workshops from home

Visit: <http://humber.ca/learningresources/workshops>



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