

# LEARNING SKILLS WORKSHOPS (LSWs)

SEPTEMBER 2022  
VIA LIVE STREAM & IN PERSON!



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <p>19</p> <p><b>I'm Too Busy! How to Manage Your Time</b></p> <p>🕒 1:30pm-2:30pm<br/>📍 Lakeshore - WEL 207</p> | <p>20</p> <p><b><u>Catching Zs: Sleep Tips for Success</u></b></p> <p>🕒 2:30pm-3:30pm<br/>📍 Online</p> <p><b>Academic Integrity Workshops</b></p> <p>🕒 12:00pm-1:00pm<br/>📍 North - MWC, LRC 3rd Floor</p> <p>🕒 4:00pm-5:00pm<br/>📍 Lakeshore - F201</p> | <p>21</p> <p><b>Academic Integrity Workshop</b></p> <p>🕒 2:00pm-3:00pm<br/>📍 North - MWC, LRC 3rd Floor</p>     | <p>22</p> <p><b>Chill, It's All Good! How to Manage Your Stress</b></p> <p>🕒 11:00am-12:00pm<br/>📍 North - LRC 3058</p> <p><b>APA Skills Workshop</b></p> <p>🕒 12:00pm-1:00pm<br/>📍 North - MWC, LRC 3rd Floor</p> <p>🕒 1:00pm-2:00pm<br/>📍 Lakeshore - F201</p> | <p>23</p> <p><b>Conquering Brain Freeze: Improving Your Memory &amp; Concentration</b></p> <p>🕒 3:30pm-4:30pm<br/>📍 Lakeshore - WEL 207</p> <p><b>Academic Integrity Workshop</b></p> <p>🕒 2:00pm-3:00pm<br/>📍 Lakeshore - F201</p> |
| <p>26</p> <p><b>What's Your Learning Preference?</b></p> <p>🕒 1:30pm-2:30pm<br/>📍 Lakeshore - WEL 207</p>      | <p>27</p> <p><b>Academic Integrity Workshop</b></p> <p>🕒 4:00pm-5:00pm<br/>📍 Lakeshore - F201</p>  | <p>28</p> <p><b><u>Should I Write This Down? Note Taking Skills</u></b></p> <p>🕒 1:00pm-2:00pm<br/>📍 Online</p> | <p>29</p> <p><b>Tips for Multiple Choice Tests</b></p> <p>🕒 11:00am-12:00pm<br/>📍 North - LRC 3058</p> <p><b>APA Skills Workshop</b></p> <p>🕒 12:00pm-1:00pm<br/>📍 North - MWC, LRC 3rd Floor</p> <p>🕒 1:00pm-2:00pm<br/>📍 Lakeshore - F201</p>                  | <p>30</p> <p><b>Conquering Brain Freeze: Improving Your Memory &amp; Concentration</b></p> <p>🕒 3:30pm-4:30pm<br/>📍 Lakeshore - WEL 207</p> <p><b>Academic Integrity Workshop</b></p> <p>🕒 2:00pm-3:00pm<br/>📍 Online</p>           |



Available for free to all students at Humber and Guelph-Humber!



Participants have a chance to win monthly \$25 gift cards



Attend 5 LSWs and add this experience to your Co-Curricular Record

For more information, visit:

[humber.ca/learningresources/learning-skills-workshops](https://humber.ca/learningresources/learning-skills-workshops)

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