

# Student Success Workshop Descriptions

All workshops presented by Learning Café staff, unless otherwise noted.

**Advocacy/Assertiveness Training:** Speaking your mind confidently and advocating for yourself is an important and necessary skill. We have tips for effectively talking to others about your needs.

**APA Basics:** What is APA? Why do I need to use it? How do I use it? Learn the basic concepts & methods behind APA documentation in written assignments.

**Canvas Tips and Tricks:** (presented by Digital Learning Team) Learn how to set up your profile and notification preferences, use the Canvas calendar, customize your dashboard, use 'What If' grades and more at this workshop.

**Career Preparation Workshop:** Are you prepping for graduation or looking for summer employment? Understanding how to relate your current education, experience and skills to job descriptions will be vital in your job search process. Come discuss the process for targeting your resume and cover letter, to ensure you stand out above the rest.

**Computer File Cleanup:** (presented by Digital Learning Team) Does your desktop look overrun with icons? Do you have several versions of files and keep losing the one you are working on? This workshop is designed as a quick overview of basic computer navigation and file management to help you get organized and save time.

**Conquering Procrastination:** Do you constantly put things off until tomorrow? Procrastination can be a serious issue that interferes with your ability to reach your potential, both personally & academically. Come discuss ways to overcome this self-defeating habit.

**Create a Website in 40 minutes:** (presented by Digital Learning Team) Anyone can build a website! Learn how to build a simple website for your blog, portfolio, or small business... no web design experience required!

**Creating & Publishing Videos to YouTube:** (presented by Digital Learning Team) Need to create a video for a class project? Bring your phone and we will show you how to create, publish, and share a video from YouTube.

**Formatting Papers and Documents:** (presented by Digital Learning Team) Learn how to harness the power of Microsoft Word or Google Docs to format papers and documents easily.

**Getting Back on Track Academically:** (*note: this is an 80 minute session*) This workshop will help you to understand college expectations and build strategies for academic success.

**Improving Memory:** Can't seem to remember important information? Ever blamed a bad test result on your bad memory? Learn how the brain remembers, the principles of learning, & strategies for building memory for long term recall.

**Managing Stress:** Everyone experiences stress, but not everyone has effective strategies for managing it. Find out why moderate stress can be good for you and some coping strategies for when it becomes too much.

**Managing Test Anxiety:** Some test anxiety is normal, but too much is unhealthy & counterproductive. What strategies could you be using to manage those anxieties?

**Managing Your Time:** There are only so many hours in a day. Come and find out how to make the best use of the time you have.

**Preparing for Finals:** Final exams can be overwhelming. Learn how to create & execute a plan to cover all the necessary material for your exams using active study strategies.

**Pro Tips for PowerPoint & Presentations:** (presented by Digital Learning Team) Need to do a presentation in class or for a job interview? Need to add animations, video, record voiceover, or publish it to YouTube? We can help with that.

**Reading Scholarly Journal Articles:** Scholarly journal articles (also known as academic or peer-reviewed articles) are not easy to read! This session will help you learn how to read these challenging articles so you can understand the main ideas and relevant details. Bring an article you're working on if you have one.

**Reading Textbooks Efficiently:** When reading texts and other course resources, does your mind wander or do you feel lost? Perhaps you get far behind in your reading. Discover effective techniques for reading & learning from your textbook and other resources. Bring your textbook or course reading.

**Research Ready: A "How-to":** (presented by Buchanan Library staff) Learn how to find good resources for research assignments.

**Studying Effectively:** How can you make the best use of the study time you have? Become a better student by using practical, active learning strategies.

**Tackling Multiple Choice Tests:** Multiple choice tests can be challenging, but there are ways to achieve better results on these exams. We will show you an effective process for tackling multiple choice questions.

**Taking Great Notes:** Are your notes difficult to read & understand? Do you have trouble keeping up to the instructor? Learn techniques for accurately recording information from lectures & print materials.

**Test Taking Strategies:** It's test time, & you need to show what you know! Find out about the strategies successful students use before, during, & after their exams.

**Tips for Effective Proofreading:** Proofreading shows the attention to detail valued in the academic and professional worlds. Learn strategies and develop skills to be a more effective proofreader.

**Understanding College Classrooms:** Learn about the unspoken expectations of Canadian college classrooms. Canadian college culture is fast-paced. In that environment, students need to engage with active learning, critical thinking, and academic integrity. This workshop will help students understand the demands of the college classroom.

**Working Successfully in a Study Group:** Have you ever wondered about the benefits of learning from peers? Learn strategies to organize and manage a study group.

**Writing Better Research Papers:** Writing a research paper is a process that involves many steps. Learn how to write better papers by using that process effectively.