Academic Skills Workshops

Note-taking for University
This workshop will prepare you for university lectures by introducing a variety of effective note-taking strategies and tools, including guided notes, concept webs and the Cornell method. With real examples and sample lectures, you will learn how to listen for key points and summarize main ideas, preparing more meaningful and effective study notes.

Tuesday, September 5 12:30-1:20
Thursday, September 7 11:30-12:20
Monday, September 25 2:30-3:20

Reading for Speed and Comprehension
Faced with piles of textbook readings and journal articles throughout the semester, you will need effective ways to read efficiently while still getting the most out of each reading. This workshop will help you read faster and more effectively. Get the most out of each reading while saving time for other assignments, studying, and having fun.

Tuesday, September 5 1:30-2:20
Friday, September 8 12:30-1:20
Tuesday, September 12 1:30-2:30
Thursday, September 15 12:30-1:20
Friday, September 29 2:30-3:20
Monday, October 16 12:30-1:20

Student Success Workshops

Managing Time and Beating Procrastination
Beat procrastination by learning about what it is and why it happens! Learn about how to use time management tools effectively! This workshop is designed to help you stay on track by getting in control of your decisions and being aware of your short- and long-term schedule.

Wednesday, September 6 3:30-4:20
Thursday, September 7 12:30-1:20
Wednesday, September 13 1:30-2:20
Monday, October 2 12:30-1:20
Tuesday, October 31 10:30-11:20
Tuesday, November 7 2:30-3:20
Monday, December 4 2:20-3:20

LEARN, EXPERIENCE, SOAR | studentsuccess.mcmaster.ca
Setting Goals for Success
Setting focused and realistic goals will increase your determination, motivation, and chances at achieving what you have set out to. This workshop will introduce the SMART goal-setting method to help you to develop attainable academic, career, or personal goals, and will show you skills and strategies to help you reach those goals.

Wednesday, September 6  2:30-3:20

Exam Skills Workshops

Study Smarter, Not Harder: How to Prepare for Exams
Many students study by memorizing facts and definitions, but this approach is not enough for success on university-level exams. This workshop will discuss strategies for deeper-level thinking and will help you prepare for the busy exam period, focusing on tools, techniques, and an important concept called metacognition.

Wednesday, September 20  2:30-1:20
Thursday, October 5  3:30-4:20
Tuesday, October 31  11:30-12:20
Wednesday, November 8  1:30-2:20
Tuesday, November 21  11:30-12:20
Tuesday, December 5  3:30-4:20

A, B, or All of the Above? How to Prepare for Multiple Choice Exams
Learn effective strategies for studying for and completing multiple choice exams. Are you scared of multiple choice? You are not alone! With the right tools, strategies and attitude, you will succeed.

Thursday, November 2  12:30-1:20
Wednesday, November 22  11:30-12:20
Wednesday, December 6  1:30-2:20

Short Answer and Essay Exams: Avoiding the Blank Page
Short answer and essay exams require understanding of content, synthesis of information and appropriate expression of ideas, all within a short time frame. This workshop will provide tips and strategies for studying for and writing these types of exam questions.

Monday, December 4  11:30-12:20
Wednesday, December 6  2:30-3:20

Writing Skills Workshops
University Essays 101
Are you writing your first university essays? This workshop will introduce the requirements and expectations for university-level writing as well as effective strategies and resources to help in the writing process. Learn how to craft a thesis statement, structure an argument, and write clearly and concisely.

Wednesday, September 27 10:30-11:20
Tuesday, October 3 1:30-2:20
Tuesday, November 14 1:30-2:20

Writing a Clear, Concise and Contentious Thesis Statement
A good essay requires a strong thesis statement that is specific and clear. This workshop will help you to develop and refine your thesis statement for maximum impact and effectiveness.

Thursday, September 21 3:30-4:20

Cite Right! A Guide to Referencing and Avoiding Plagiarism
Plagiarism is often accidental. Learn how to cite, quote and paraphrase correctly to avoid issues of academic integrity. This workshop will demonstrate different types of plagiarism and will show you how to avoid academic dishonesty. This workshop also explores differences in academic integrity across cultures.

Wednesday, October 4 10:30-11:20
Thursday, November 9 1:30-2:20

Writing in the Social Sciences
This writing workshop will help Social Sciences students to prepare and write university-level essays. Learn to develop a focused topic, clear and concise thesis statement, and well-organized argument.

Thursday, October 19 1:30-2:20

Writing Reflections
Are you struggling to understand what your professor is looking for when he/she asks for a reflection? In this workshop, we’ll talk about what reflections are, and what they’re meant to teach you. Please bring your assignment description to this session so that we can discuss your upcoming assignment(s).

Thursday, September 14 2:30-3:20
Friday, September 22 10:30-11:20
Thursday, October 26 1:30-2:20
Tuesday, November 14 11:30-12:20
EAL Support Workshops

**MELD: Time Management**
Designed specifically for MELD students, this session will cover cultural approaches to time and time management. Also, students will have the opportunity to review their own time management strategies while developing new ones.

- Wednesday, October 4 4:30-5:20
- Wednesday, October 18 4:30-5:20
- Wednesday, October 25 4:30-5:20
- Wednesday, November 1 4:30-5:20
- Wednesday, November 8 4:30-5:20
- Wednesday, November 15 4:30-5:20

**Read, Write, Reflect**
These sessions are designed for undergraduate students who want the opportunity to practice reading and writing academic texts while developing strategies for doing both. Also, students will reflect on their study habits, celebrate victories, and identify areas for growth.

- Tuesday, October 10 9:30-11:20
- Wednesday, October 11 9:30-11:20
- Thursday, October 12 9:30-11:20
- Friday, October 13 9:30-11:20