

## Study Skills and Exam Strategies Workshops

These workshops will be of interest to students in junior and senior high and at the post-secondary levels. They will be particularly valuable to those with learning disabilities, attention and organizational issues.

<b>Available sessions:</b>	Tuesday, October 10 <sup>th</sup> & 17 <sup>th</sup> , 2017, 7-8:30 pm Wednesday, November 15 <sup>th</sup> & 22 <sup>nd</sup> , 2017, 7-8:30 pm Tuesday, February 6 <sup>th</sup> & 13 <sup>th</sup> , 2018, 7-8:30 pm Wednesday, April 11 <sup>th</sup> & 18 <sup>th</sup> , 2018, 7-8:30 pm
<b>Cost:</b>	\$75 plus GST
<b>Registration:</b>	Call to register at 780-434-3698
<b>Venue:</b>	Centre For Literacy Training Room Suite 100, 9797-45 <sup>th</sup> Avenue, Edmonton, Alberta, T6E 5V8
<b>More info:</b>	info@centre4literacy.com or Centre4Literacy.com

**Study Skills is about studying so it sticks! The secret to doing well at school is working smarter, not harder. In this session, strategies will be provided on how to:**

- Uncover and capitalize on learning styles
- Manage time like a pro
- Get and stay organized
- Create a plan to stay on top of work
- Take notes that make sense
- Remember what has been studied

**Exam Strategies is about preparing for and taking exams. For many students, exam outcomes do not reflect how well they know a subject area. Students may “get” the subject matter, perform very well on class assignments, but score significantly lower on exams. In this session, strategies will be provided on how to:**

- Study for exams
- Manage exam anxiety and use it to advantage
- Figure out what is important to study
- Make the most out of multiple choice exams, essays, short answers or other types of exams
- Use exam banks and practice exams effectively

Iona Thomas



Iona Thomas will instruct this workshop. She has extensive experience as a reading specialist and learning strategist. She has worked with elementary aged children through to adults at the post-secondary level.