

# Study Skills and Exam Strategies

The Centre for Literacy is pleased to offer the Working Smarter Workshops

These sessions will be of interest to students in Junior High, High School and Post-Secondary. Sessions are particularly valuable to students with learning and organizational challenges.

## Forthcoming Workshops (Register in 1 only)

- Section 1: (Presented over 2 Tuesday evenings) September 27 & October 4th from 7-8:30 pm
- Section 2: (Presented over 2 Tuesday evenings) November 8th and 15th from 7-8:30 pm
- Section 3: (Presented over 2 Tuesday evenings) January 24th and 31st from 7-8:30 pm
- Section 4: (Presented over 2 Tuesday evenings) April 18 & 25 from 7-8:30 pm

**Cost:** \$75. There will be a 20% hold back for any cancellations. No refunds for cancellations will be issued within two weeks of the first day of a session series.

**Registration:** Call to register at 780-434-3698. Payment can be taken over the phone or added to existing client's invoices.

**Sessions will be held at the Centre for Literacy**

## Workshop Descriptions

### Study Skills

Part One of 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 your own learning style
- Manage time like a pro
- Get and stay organized
- Create a plan to stay on top of work
- Take notes that make sense (to you at least!)
- Remember what you have studied

### Exam Strategies

Part Two is about preparing for and taking exams. For many students, exams 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

All students will be provided with a take away booklet for both sections of the Workshop.



### Iona Thomas

Workshops will be presented by Iona Thomas.

Iona 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, the latter at NorQuest where she served for over a decade as a learning strategist. Her many responsibilities at NorQuest including providing support on a one to one basis and in group settings with learning strategies, exam preparation, and dealing with exam stress.

Now in semi-retirement, Iona began working at the Centre for Literacy in January 2015, and has been warmly welcomed for the skills she brings as a reading specialist and learning strategist.

## Centre for Literacy

Suite 100, 9797-45th Avenue  
Edmonton, Alberta T6E 5V8

Phone: 780-434-3698

E-mail: [info@Centre4Literacy.com](mailto:info@Centre4Literacy.com)

[Centre4Literacy.com](http://Centre4Literacy.com)