

NOTE: To attend a workshop, please log into MyStart in Canvas under the "Online Workshop Schedule" page

Title	Date	Time	Description
Faculty of Health Sciences			
Introduction to the Library & Resources for Faculty of Health Sciences Students	Monday, July 20, 2020	2 to 3 p.m.	In this introductory Library workshop, you will learn about Library services and resources offered online and in person at our campus Libraries. This workshop will also cover topics including where to find books and articles on the Library website and how to critically evaluate resources that you find online. We will focus on locating resources for Health Science research, such as information relating to human health and disease, anatomy and physiology, microbiology, and public health.
	Wednesday, July 29, 2020	3 to 4 p.m.	
	Monday, August 10, 2020	2 to 3 p.m.	
	Tuesday, August 18, 2020	2 to 3 p.m.	
Writing for Faculty of Health Sciences – Part 1: University research and the writing process	Monday, July 20, 2020	3 to 4 p.m.	Thinking about your topic, planning what you are going to write, and organizing the sections of your assignment are crucial to doing well in your university courses. In this workshop, you will think about the writing process, thesis statements, and paragraph and essay structure.
	Tuesday, August 4, 2020	3 to 4 p.m.	
	Monday, August 17, 2020	6 to 7 p.m.	
	Wednesday, September 2, 2020	3 to 4 p.m.	
Writing for Faculty of Health Sciences – Part 2: Writing in your faculty	Thursday, July 23, 2020	3 to 4 p.m.	In university, it is essential to support your ideas with research. In this workshop, you will review ways to integrate research in your writing assignments and learn the basics of APA 7 th ed. referencing.
	Thursday, August 6, 2020	4 to 5 p.m.	
	Wednesday, August 19, 2020	6 to 7 p.m.	
	Thursday, September 3, 2020	1 to 2 p.m.	

Virtual Professionalism	Wednesday, July 22, 2020	2 to 2:45 p.m.	Don't know what angle you should be looking at the camera? Do you know what you would say to a professor, if you only had one minute to speak about a concern you have with course work? Well, fear no more, because the Career Centre has got a cool event just for you! Connect with us for some virtual professional etiquette! At this event you will learn about making personable human connections which is fundamental for building, maintaining, and working with professional individuals virtually.
	Thursday, August 20, 2020	6 to 6:45 p.m.	
Managing your time in an online environment	Tuesday, July 21, 2020	2 to 3 p.m.	Transitioning from studying in an in-person environment to an online environment can be challenging for many students. In this workshop, students will develop self-awareness of their own time management skills. Tips and tricks for studying and managing time in an online environment will be discussed along with reviewing the importance of creating SMART goals.
	Wednesday, August 5, 2020	1 to 2 p.m.	
	Tuesday, August 18, 2020	6 to 7 p.m.	
	Monday, August 31, 2020	2 to 3 p.m.	
Mastering Problem-Solving Skills Workshop	Wednesday, July 22, 2020	3 to 4 p.m.	Do you freeze up when you see word problems? Do you struggle with setting up calculations? You're not alone! In this workshop, students will learn study skills for becoming a pro at problem solving, including tips on how to tackle word problems, study effectively, and use dimensional analysis to make math easier.
	Thursday, July 30, 2020	1 to 2 p.m.	
	Thursday, August 13, 2020	1 to 2 p.m.	
	Monday, August 24, 2020	7 to 8 p.m.	
Study Strategies for Success	Thursday, July 23, 2020	1 to 2 p.m.	In this interactive workshop, students will learn about how much to study, when to study, and how best to study in university. Students will also gain valuable knowledge about top best study strategies founded in scientific research.
	Tuesday, August 4, 2020	2 to 3 p.m.	
	Thursday, August 20, 2020	7 to 8 p.m.	
	Friday, September 4, 2020	1 to 2 p.m.	

Thinking it Through: Independent Learning and Critical Thinking	Tuesday, July 28, 2020	2 to 3 p.m.	In university you are going to be introduced to a wealth of new and exciting information. Just think, you have waited your whole life to study an area of your choice, so now is the time to get serious about how to best acquire new knowledge. Aside from effective study skills, you will need to be able to learn independently and think critically when building your knowledge and solving problems in university. Every day you will be presented with new information that you will need to evaluate and assimilate. This workshop will teach you about independent learning, the components of critical thinking, and how to ask important questions. Through developing independent learning and critical thinking skills, you will learn to take different perspectives and dig deeper into your learning.
	Tuesday, August 11, 2020	2 to 3 p.m.	
	Tuesday, August 25, 2020	6 to 7 p.m.	
Motivation and Growth Mindset	Monday, July 27, 2020	3 to 4 p.m.	Research shows that growth mindset can foster grit, determination, and work ethic within students, athletes, and people of all ages. Utilizing a growth mindset involves understanding the human brain and the learning process. In this workshop, we will discuss the benefits of a growth mindset, its connection to higher levels of success, and how a greater comfort in taking risks will help you reach your goals.
	Thursday, August 27, 2020	3 to 4 p.m.	