



Learning Skills Workshops

Stride is a learning skills program to help you develop learning strategies and study skills.

Attend one workshop or many! Various topics are offered to help you reach your full potential.

A LinkedIn endorsement will be provided after attending five workshops.

Register at
studentlifeportal.ontariotechu.ca



Academic Literacy

Notetaking

Reading textbooks

Reading journal articles



Time Management

Goal setting

Study planning

Procrastination

Exam preparation



Learning Strategies

Study strategies

Studying for math

Multiple choice exams

Memory techniques

Mind mapping



Self-Awareness and Resilience

Exam anxiety

Group work

Presentation skills

Perfectionism

Growth mindset

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