

# Study Skills Services

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The Academic Advising and Career Centre (AA&CC) offers students at the University of Toronto Scarborough (UTSC) a broad range of **study skills services and resources**. These services and resources are offered in ways that are suited to **different kinds of learners**. The more learning modalities you tap into the more your learning will be enhanced.

## Services and Resources

### Study Skills Peer Counselling Appointments

The Centre is staffed by trained peer counsellors who can teach you effective study skills and time management strategies. They can also suggest ways that you can strengthen your current study skills. Our peer counsellors can help learners of all types through discussion, the use of activities, practice, modeling, etc.

Log onto your **Intranet** account up to 24 hours prior to sign-up for an appointment. Appointments take place in the AA&CC office (Room AC213).

### 1-on-1 Study Skills Appointments with an Academic Advisor

Academic advisors are available for appointments on an individual basis. The advisor can identify and recommend study skills and time management strategies. Initial appointments last one hour and follow-up appointments may be necessary. You can schedule an appointment by contacting the AA&CC at 416-287-7561.

## Study Skills Workshops, Seminars & Tutorials

We offer a full range of workshops and seminars throughout the academic year. These include oral presentations for those who learn best by hearing; printed handouts for the visual learners; and exercises and activities for those whose learning is enhanced by doing.

- *Exam Preparation and Exam Writing*
- *Extreme Time Management*
- *Learning & Study Strategies Inventory (LASSI)*
- *Learning Styles*
- *Mastering Essay-Type Tests & Exams*
- *Mastering Multiple Choice Tests & Exams*
- *Midterm Preparation*
- *Reading & Note Taking*
- *Silencing your Inner Critic*
- *Stop Procrastinating - Get Motivated!*
- *Study Smarter, Not Harder*

### Learning and Study Strategies Inventory (LASSI)

The LASSI is a self-report questionnaire that can provide you with a measure of your learning and study strategies. Based on the results of the inventory the academic advisor can help you to build on your strengths and teach you to overcome your areas of weakness. The graph you receive will help you to visualize your scores; the report will be discussed to support the learning preference of auditory learners. Strategies can be recommended for all learning preferences.

### Tipsheets

The AA&CC has a series of tipsheets which gives you a brief introduction to a variety of study topics. Many of the tipsheets contain self-assessment exercises to help you to evaluate your skills in the area discussed. These exercises can be quite helpful to reinforce the learning for kinesthetic learners.

<http://webapps.utoronto.ca/aaccweb/index.php/career-planning/career-tip-sheets>.

Academic & Learning Skills tipsheets Available at the Academic Advising & Career Centre include:

- *Concentration & Memory*
- *Goal Setting*
- *Learning Styles*
- *Multiple Choice Tests & Exams*
- *Note Taking and Listening*
- *Procrastination*
- *Reading*
- *Test Preparation*
- *Test Writing*
- *Textbook Reading*
- *Time Management*

### Resources Available at the Academic Advising & Career Centre

Some students learn best by reading independently. For those who prefer this method of learning the AA&CC has a collection of books (many of them are quite brief) which discuss various topics related to learning and study skills.

Current book titles include:

- *Get Organized*
- *How to Be a Great Math Student*
- *Improve Your Memory*
- *Learning for Success*
- *Power Over Time*
- *Survey of 300 A+ Students*
- *Test Taking Secrets*
- *Way to an A: Student Survival Guide*