



Workshop Schedule – Winter 2023

(See website <https://dal.ca/sfs/workshops> for registration instructions)

Topic	Date	Time	Location
Studying 101: How to Study Effectively	Mon Jan 23	18:00 - 19:00 AST	Virtual
Building & Maintaining Motivation	Tues Jan 24	16:30 – 17:30 AST	Mona Campbell 1107
Managing Time & Avoiding Procrastination	Wed Jan 25	09:00 - 10:00 AST	Mona Campbell 1107
Effective Reading Strategies	Thurs Jan 26	15:00 – 16:00 AST	Virtual
Get Focused: Concentration & Memorization	Fri Jan 27	14:00 - 15:00 AST	Virtual
Setting SMART Goals	Mon Jan 30	12:30 – 13:30 AST	Mona Campbell 2107
Studying 101: How to Study Effectively	Tues Jan 31	16:00 – 17:00 AST	Mona Campbell 1107
A, B, or C? Strategies for Multiple Choice Exams	Wed Feb 1	12:00 – 13:00 AST	Mona Campbell 2107
Note Taking & Listening Techniques	Thurs Feb 2	10:30 - 11:30 AST	Virtual
Effective Reading Strategies	Mon Feb 6	10:00 – 11:00 AST	Virtual
Managing Time & Avoiding Procrastination	Tues Feb 7	13:00 - 14:00 AST	Virtual
Building & Maintaining Motivation	Wed Feb 8	18:30 - 19:30 AST	Mona Campbell 1107
Presentation & Speaking Skills	Thurs Feb 9	16:00 - 17:00 AST	Virtual
Short Answer & Essay Exams: Avoiding the Blank Page	Fri Feb 10	14:30 - 15:30 AST	Mona Campbell 1107
A, B, or C? Strategies for Multiple Choice Exams	Mon Feb 13	16:30 - 17:30 AST	Mona Campbell 2107
Note Taking & Listening Techniques	Tues Feb 14	11:30 - 12:30 AST	Virtual
Short Answer & Essay Exams: Avoiding the Blank Page	Wed Feb 15	15:30 - 16:30 AST	Virtual
Managing Time & Avoiding Procrastination	Thurs Feb 16	09:00 - 10:00 AST	Mona Campbell 1107
Studying 101: How to Study Effectively	Fri Feb. 17	13:30 - 14:30 AST	Virtual
Building & Maintaining Motivation	Mon Feb 27	17:00 - 18:00 AST	Virtual
Working in a Group	Tues Feb 28	16:30 - 17:30 AST	Mona Campbell 1107
Note Taking & Listening Techniques	Wed Mar 1	09:00 - 10:00 AST	Mona Campbell 1107
Get Focused: Concentration & Memorization	Thurs Mar 2	13:00 - 14:00 AST	Mona Campbell 2107
Setting SMART Goals	Fri Mar 3	12:30 - 13:30 AST	Virtual





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Topic	Date	Time	Location
Managing Time & Avoiding Procrastination	Mon Mar 6	13:30 - 14:30 AST	Virtual
Effective Reading Strategies	Tues Mar 7	16:00 - 17:00 AST	Mona Campbell 1107
Studying 101: How to Study Effectively	Wed Mar 8	14:30 - 15:30 AST	Virtual
Building & Maintaining Motivation	Thurs Mar 9	15:00 - 16:00 AST	Virtual
Note Taking & Listening Techniques	Fri Mar 10	11:30 - 12:30 ADT	Mona Campbell 2107
Short Answer & Essay Exams: Avoiding the Blank Page	Mon Mar 13	09:00 - 10:00 ADT	Mona Campbell 1107
Get Focused: Concentration & Memorization	Tues Mar 14	17:30 - 18:30 ADT	Virtual
Working in a Group	Wed Mar 15	12:30 - 13:30 ADT	Mona Campbell 2107
A, B, or C? Strategies for Multiple Choice Exams	Thurs Mar 16	16:30 – 17:30 ADT	Mona Campbell 2107
Presentation & Speaking Skills	Mon Mar 20	16:00 - 17:00 ADT	Mona Campbell 2107
Setting SMART Goals	Tues Mar 21	10:30 - 11:30 ADT	Virtual
Effective Reading Strategies	Wed Mar 22	17:30 - 18:30 ADT	Mona Campbell 1107
Studying 101: How to Study Effectively	Thurs Mar 23	12:30 - 13:30 ADT	Mona Campbell 2107
A, B, or C? Strategies for Multiple Choice Exams	Fri Mar 24	13:00 - 14:00 ADT	Virtual
Setting SMART Goals	Mon Mar 27	16:30 - 17:30 ADT	Mona Campbell 2107
Building & Maintaining Motivation	Tues Mar 28	18:00 - 19:00 ADT	Virtual
Managing Time & Avoiding Procrastination	Wed Mar 29	12:00 - 13:00 ADT	Mona Campbell 2107
Short Answer & Essay Exams: Avoiding the Blank Page	Thurs Mar 30	10:30 - 11:30 ADT	Virtual
Effective Reading Strategies	Fri Mar 31	09:30 - 10:30 ADT	Mona Campbell 2107
Get Focused: Concentration & Memorization	Mon Apr 3	14:30 - 15:30 ADT	Virtual
Setting SMART Goals	Tues Apr 4	11:30 - 12:30 ADT	Virtual
Get Focused: Concentration & Memorization	Wed Apr 5	18:00 - 19:00 ADT	Mona Campbell 1107
Note Taking & Listening Techniques	Mon Apr 10	15:00 - 16:00 ADT	Virtual
A, B, or C? Strategies for Multiple Choice Exams	Tues Apr 11	12:30 - 13:30 ADT	Virtual

