

GENERAL WORKSHOP INFORMATION

- A typical workshop lasts approximately 45-50 minutes.
- Please let us know if you have a special request (longer or shorter workshop, custom workshop, workshop series, etc.).
- Use of PowerPoint:
 - We use PowerPoint when presenting workshops in classroom settings. If your classroom does not have a computer and/or LCD projector, let us know in advance. We can make arrangements to borrow the appropriate equipment.
 - We typically do not use PowerPoint when presenting in non-classroom settings unless the person initiating the request can provide a computer and LCD projector.
- The Walter E. Dennis Learning Center's team of Learning Specialists is comprised of one full-time staff member and several undergraduates who are trained in learning and motivation strategies. Your presenter will be chosen based upon staff availability, unless you request a specific Learning Specialist.
- Submit the Workshop Request Form to wedlc@osu.edu *OR* 250D Younkin Success Center, 1640 Neil Avenue.

SPECIFIC WORKSHOP DETAILS

Active Note-Taking Strategies

As a result of attending this workshop, students will be able to:

- Become more effective and engaged note takers
- Use abbreviations and symbols to make note taking more efficient
- Determine which information in a lecture is most relevant
- Recognize instructor emphasis
- Choose appropriate organization methods for lecture content
- Develop an effective study plan based on their notes

Primary method of delivery: Lecture

Everything You've Always Wanted to Know About Procrastination...but Haven't Gotten Around to Asking

As a result of attending this workshop, students will be able to:

- Comprehend rationalizations for procrastination
- Recognize the costs of procrastination
- Identify the real reasons for procrastination
- Understand the procrastination cycle
- Break the procrastination cycle by addressing the real reasons for procrastination
- Better manage their time using proven techniques

Primary methods of delivery: Lecture and interactive worksheet

Great Minds...Study Together: Planning Effective Study Groups

As a result of attending this workshop, students will be able to:

- Understand why some study group experiences are successes while others are disappointments
- Describe Vygotsky's theory of social learning
- Describe four stages of group development and appropriate task activities for each
- Apply criteria to choose compatible study group members
- Utilize techniques to enhance study group effectiveness
- Determine which study group techniques work best for different types of learners

Primary method of delivery: Lecture, discussion, and activity

Keys to Strategic, Confident Test Taking

As a result of attending this workshop, students will be able to:

- Combat pre-exam stress
- Plan study sessions that lead to a sense of preparedness
- Effectively gather and utilize feedback from past exams
- Strategically approach multiple choice exams
- Strategically approach essay exams
- Stay calm during exams

Primary methods of delivery: Lecture and small-group discussion (time permitting)

Making the Most of Your Learning Style

As a result of attending this workshop, students will be able to:

- Distinguish among the characteristics, strengths, and weaknesses of different learning styles
- Identify their own preferred learning style
- Recognize which types of courses and teaching styles represent worst-case scenarios for different types of learners
- React constructively to academic situations that do not suit their preferred learning style

Primary methods of delivery: Lecture and small group discussion

Preparing Papers and Speeches

As a result of attending this workshop, students will be able to:

- Overcome hurdles that lead to writer's block
- Apply criteria to possible topics
- Create strong thesis statements
- Choose appropriate sources
- Avoid plagiarism
- Develop strong introductions, body paragraphs, and conclusions
- Gauge the needs of the audience when preparing a speech
- Select appropriate audiovisual aids
- Use feedback to improve presentation skills

Primary method of delivery: Lecture

Secrets of Academic Success

As a result of attending this workshop, students will be able to:

- Describe four strategies for achievement (each with two substrategies) that enable college success
- Apply the strategies to:
 - Managing time
 - Learning from text
 - Learning from lecture
 - Preparing for exams
 - Preparing papers
 - Preparing speeches

Primary method of delivery: Lecture

Stress Less: Tips for Building Academic Confidence and Resilience

As a result of attending this workshop, students will be able to:

- Recognize the importance of thoughts
- Identify self-talk
- Understand how and when a stressor leads to stress
- Describe five techniques for managing stress
- Create manageable goals
- Define resilience
- Describe five techniques for building resilience

Primary method of delivery: Lecture, interactive worksheet, and self-assessment quiz

Use Your Brain! Memory Tools for Effective Studying

As a result of attending this workshop, students will be able to:

- Describe different types of memory
- Identify their sense-related learning style
- Optimize factors that lead to rote learning
- Utilize processes that build meaningful learning
- Attend to overarching factors that affect memory
- Develop a personal study plan incorporating the components above

Primary method of delivery: Lecture, self-assessment quiz, and activity