



Workshops for Final Exam Preparation

The 2015 winter semester examination period is scheduled for Monday, April 13 to Friday, April 24. The Student Learning Centre is offering free study skills workshops to assist with tips for studying and to help ease your way into writing exams.

Expect success workshop

Expect success and conquer your exams! In this workshop, you will learn to plan for success by reviewing effective study strategies and preparing a study plan. Take this opportunity to get yourself organized and prepare yourself for your best chance at positive exam results.

Tuesday, March 24, from 3:40 to 4:30 p.m., in UL 12

Thursday, March 26, from 4:10 to 5 p.m., in UL 12

Tame Your Test Anxiety

Tame your test anxiety and ease through your exam. In this workshop, you will be presented with positive steps to wellbeing, strategies to prevent and cope with stress and tips to relieve test anxiety.

Wednesday, March 25, from 5:10 to 6 p.m., in UL 12

Thursday, March 26, from 11:10 a.m. to noon, in UL 12

To register for workshops, please visit the [UOIT Student Life Portal](#) and select the Events and Workshop tab.

If you require any further details or assistance, please do not hesitate to contact [Candace Chard](#), Program Coordinator, Study Skills in the Student Learning Centre at 905.721.8668 ext. 5331.