

# BECOMING A METACOGNITIVE LEARNER: STUDY SKILLS FOR SUCCESSFUL STUDENTS

Do you know how you learn best?

In this workshop, we'll explore metacognition - thinking about how we think and learn - and explore different ways we can study that speak to our strengths. The session will discuss mnemonics, active listening (and how to engage better in class), reading strategies, and effective review methods.

Don't miss out!

Tuesday January 14, 2025

MCK 005

2:00-3:00pm



Got questions? Contact Dr Stephanie Jury, Learning Skills Specialist,  
Academic Skills Centre

