



The
Learning
Centre

FALL 2025

THE LEARNING CENTRES PRESENTS

Your Guide to Learning Services and Workshops

The Learning Centres is proud to offer this comprehensive listing of services and workshops for KPU students.

The services outlined in this booklet are **FREE** for all KPU students.



The KPU VISION 2026 Academic Plan declares a commitment to enhancing student success, advancing teaching practices, and supporting international student success and retention. The Learning Centre works to further these goals by providing wide-ranging learning and support services. These services promote academic and digital literacy by means of diverse teaching practices, including live and independent online workshops. The collaborative spaces of the Learning Centres also facilitate high levels of international student engagement, due in part to their effective support services and rewarding work opportunities.

Feedback

Your comments about, and suggestions for, the Learning Services Workshop Guide are welcome. Please feel free to provide feedback via email to:

tlonline@kpu.ca

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TLC Services

LEARNING STRATEGIST CONSULTATIONS



Learning Strategists are available on all campuses and offer students an opportunity to:

- » Develop a personalized learning profile and study plan for academic success
- » Learn more about individual strengths and weaknesses
- » Improve note-taking skills to allow for better retention of information
- » Develop time management and organizational skills
- » Learn how to cope with distractions and improve concentration
- » Learn strategies to remember many facts and formulas
- » Find ways to increase processing speed and memory capacity
- » Develop strategies for working with sequences and visual patterns
- » Learn how to stay motivated and focused
- » Develop better test taking strategies
- » Learn how to reduce test anxiety
- » Become a more efficient reader and/or writer
- » Learn how to self-advocate and seek helpful resources at KPU

Learning Strategists also consult with academic faculty to provide assistance in learning approaches or strategies for working with a broad range of students. Working with the Learning Centre staff and tutors, they also offer workshops on request or as part of the Learning Centre programs designed to promote learning excellence. Learning Strategists work as partners and can help in the planning, implementation and delivery of certain aspects of courses including curriculum development. To book an appointment with a Learning Strategist, please visit **tlc.kpu.ca**.

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ACADEMIC SKILLS DEVELOPMENT

Check out our programs for students success. Access self-help resources such as learning aids, interactive workshops, and videos that provide guidance and instruction on a range of academic skills. Additionally, our workshops led by faculty, staff and tutors are outlined in this booklet.

PEER TUTORING

Peer tutors are highly trained KPU students who provide a wide range of subject area tutoring and writing support across the disciplines. You can book a face-to-face or online appointment at **tlc.kpu.ca**.

Tutors are available at all campuses and can provide support for the following:

<i>Accounting</i>	<i>English</i>	<i>Learning Strategies</i>
<i>Anthropology</i>	<i>English as a Second Language</i>	<i>Legal Administrative Studies</i>
<i>Astronomy</i>	<i>English Writing</i>	<i>Linguistics</i>
<i>Biology</i>	<i>Entertainment Arts</i>	<i>Mandarin</i>
<i>Business</i>	<i>Entrepreneurial Leadership</i>	<i>Marketing</i>
<i>Business Math</i>	<i>Fashion</i>	<i>Mathematics</i>
<i>Business Statistics</i>	<i>Fine Arts Digital Media</i>	<i>Philosophy</i>
<i>Chemistry</i>	<i>French</i>	<i>Physics</i>
<i>Communications</i>	<i>Geography</i>	<i>Political Science</i>
<i>Computer Information Systems</i>	<i>History</i>	<i>Psychology</i>
<i>Computer Science</i>	<i>Horticulture</i>	<i>Reading</i>
<i>Computer-Aided Design</i>	<i>Human Anatomy</i>	<i>Sociology</i>
<i>Criminology</i>	<i>Human Resources Management</i>	<i>Spanish</i>
<i>Design</i>	<i>Interior Design</i>	<i>Statistics</i>
<i>Economics</i>	<i>Japanese</i>	<i>Study Skills</i>
		<i>Traditional Chinese Medicine</i>

WE'RE CONNECTED!

Faculty support at the Learning Centres

Each semester, the English Department and the Faculty of Academic and Career Preparation offers the service of faculty instructors who train and mentor our writing tutors, as well as tutor students directly at the Learning Centres.

The Mathematics Department also supports Math development at the Learning Centres by providing various math instructors who work with our tutors and assist students seeking help.

Office Hours at the Learning Centres

The Learning Centres welcome faculty who wish to host office hours to assist their students. Instructors from our seven Faculties can be found in various Learning Centres across campuses, supporting students and tutors.

If you are an instructor who wishes to offer office hours in our flexible and supportive environment, please feel free to contact your local Learning Centre.

How to Register for a Workshop

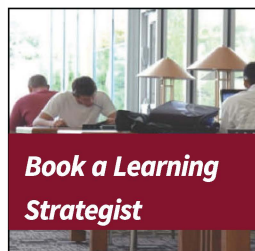
To register for an Academic Skills Workshop, please follow the steps below:

STEP 1

Go to **kpu.ca/learningcentres** to sign up

STEP 2

Select **Check Out Our Workshops** on the main page



STEP 3

Click to **view upcoming workshops**



To see our upcoming workshops, **Click here.**



To request a workshop, **Click here.**

STEP 4

Click on the desired **workshop to register**



Academic Skills Workshops

FALL 2025



To view and register for workshops, visit

➤ kpu.ca/learningcentres/upcoming-workshops

Date	Time	Workshop Title
Wed, Sep 3	9:00 - 10:00 am	Welcome Week: Your First 13 Weeks
Wed, Sep 3	12:00 - 1:00 pm	Welcome Week: Time Management Strategies
Thu, Sep 4	10:00 - 11:00 am	Welcome Week: Balancing Life and Learning
Fri, Sep 5	12:00 - 1:00 pm	Welcome Week: Plan Your Semester
Mon, Sep 8	11:00 - 12:00 pm	Learning Strategies for Working Students
Tue, Sep 9	4:00 - 5:00 pm	Plan Your Semester
Wed, Sep 10	5:00 - 6:00 pm	Reading Texts and Taking Notes
Fri, Sep 12	4:00 - 5:00 pm	PebblePad Basics
Mon, Sep 15	12:00 - 1:00 pm	Writing and Editing Your ePortfolio
Tue, Sep 16	11:00 - 12:00 pm	Time Management Strategies
Tue, Sep 16	1:00 - 2:00 pm	Improving Reading Skills
Wed, Sep 17	10:00 - 11:30 am	Writing in Biology
Thu, Sep 18	12:00 - 1:00 pm	Plan Your Semester
Thu, Sep 18	4:00 - 5:00 pm	Excel Basic Skills for University Students
Fri, Sep 19	2:00 - 3:00 pm	Excel Intermediate Skills for University Students
Fri, Sep 19	5:00 - 6:00 pm	Enhancing Your Study Skills with Learning Approaches

Date	Time	Workshop Title
Sun, Sep 21	4:00- 5:00 pm	PebblePad Basics
Mon, Sep 22	11:00 - 12:00 pm	Say "No" to Procrastination
Tue, Sep 23	12:00 - 1:30 pm	Writing in Biology
Wed, Sep 24	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Surrey- Cedar 1015)
Wed, Sep 24	4:00 - 5:00 pm	Word: Formatting Your Assignments
Thu, Sep 25	12:00 - 1:00 pm	Quote, Paraphrase and Summarize
Thu, Sep 25	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Richmond - 1340)
Fri, Sep 26	12:00 - 1:00 pm	University Essays: First Steps
Mon, Sep 29	11:00 - 12:00 pm	Master Your Memory
Wed, Oct 1	1:00 - 2:00 pm	Four Steps to Paraphrasing
Wed, Oct 1	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Surrey- Cedar 1015)
Wed, Oct 1	5:00 - 6:00 pm	Balancing Life and Learning
Thu, Oct 2	12:00 - 1:30 pm	Write it Out: Find Your Writing Voice
Thu, Oct 2	12:00 - 1:30 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Richmond - 1340)
Thu, Oct 2	3:00 - 4:00 pm	Academic Integrity: Team Process and Progresses with Academic Integrity
Fri, Oct 3	12:00 - 1:00 pm	Writing and Editing Your ePortfolio
Mon, Oct 6	12:00 - 1:00 pm	PebblePad Basics
Mon, Oct 6	3:00 - 4:00 pm	Academic Integrity: Basics
Tue, Oct 7	1:00 - 2:00 pm	Four Steps to Paraphrasing
Tue, Oct 7	5:00 - 6:30 pm	Writing in Biology
Wed, Oct 8	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Surrey- Cedar 1015)
Wed, Oct 8	12:00 - 1:00 pm	Exam Preparation Strategies
Thu, Oct 9	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Richmond - 1340)

Date	Time	Workshop Title
Thu, Oct 9	2:00 - 3:00 pm	Strategies to Increase Your Focus and Attention
Fri, Oct 10	12:00 - 1:00 pm	Getting the Best Out of Group Projects
Tue, Oct 14	11:00 - 12:00 pm	Academic Integrity: Quote, Paraphrase and Summarize
Wed, Oct 15	10:00 - 11:00 am	Academic Integrity: Learning From Mistakes
Wed, Oct 15	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Surrey- Cedar 1015)
Wed, Oct 15	6:00 - 7:00 pm	Asking Effective Questions
Thu, Oct 16	1:00 - 2:00 pm	Academic Integrity: Reading Texts and Taking Notes
Thu, Oct 16	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Richmond - 1340)
Fri, Oct 17	12:00 - 1:00 pm	Say "No" to Procrastination
Mon, Oct 20	10:00 - 11:00 pm	Writing and Editing Your ePortfolio
Tue, Oct 21	11:00 - 12:00 pm	Master Your Memory
Tue, Oct 21	1:00 - 2:00 pm	Improving Reading Skills
Wed, Oct 22	12:00 - 1:00 pm	Academic Integrity: Write in Your Own Words
Wed, Oct 22	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Surrey- Cedar 1015)
Thu, Oct 23	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Richmond - 1340)
Thu, Oct 23	2:00 - 3:00 pm	Apply Assignment Feedback to Improve Your Marks
Mon, Oct 27	1:00 - 2:00 pm	Improving Sentence Structure
Tue, Oct 28	11:00 - 12:00 pm	Learning Strategies for Working Students
Wed, Oct 29	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Surrey- Cedar 1015)
Wed, Oct 29	3:00 - 4:00 pm	Quote, Paraphrase and Summarize
Thu, Oct 30	10:00 - 11:00 am	Balancing Life and Learning
Thu, Oct 30	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Richmond - 1340)
Fri, Oct 31	2:00 - 3:00 pm	Pebble Pad Basics

Date	Time	Workshop Title
Mon, Nov 3	9:00 - 10:00 am	Strategies to Increase Your Focus and Attention
Mon, Nov 3	6:00 - 7:00 pm	Pronunciation for Clear Speech
Wed, Nov 5	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Surrey- Cedar 1015)
Wed, Nov 5	2:00 - 3:00 pm	Exam Preparation Strategies
Thu, Nov 6	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Richmond - 1340)
Thu, Nov 6	5:00 - 6:00 pm	Preparing for End of Semester
Wed, Nov 12	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Surrey- Cedar 1015)
Wed, Nov 12	2:00 - 3:00 pm	Quick Energizers: Getting Back in Focus
Wed, Nov 12	6:00 - 7:00 pm	Presentation Skills for Multilingual Students
Thu, Nov 13	10:00 - 11:00 am	Learning From Mistakes
Thu, Nov 13	1:00 - 2:00 pm	Conversations and Connections: Group Discussion Skills for Multilingual Learners (Surrey- Cedar 1015)
Fri, Nov 14	2:00 - 3:00 pm	Time Management Strategies
Mon, Nov 17	12:00 - 1:00 pm	Approaching Exams with Confidence
Mon, Nov 17	6:00 - 7:00 pm	Making Your Writing More Concise
Wed, Nov 19	5:00 - 6:00 pm	Exam Preparation Strategies
Fri, Nov 21	10:00 - 11:00 am	Say "No" to Procrastination
Mon, Nov 24	12:00 - 1:00 pm	Exam Preparation Strategies
Wed, Nov 26	11:00 - 12:00 pm	Preparing for Open Book and Online Exams
Fri, Nov 28	10:00 - 11:00 am	Exam Preparation Strategies

Please note that our schedules may change, for the most updated workshop schedule, please visit:

➤ kpu.ca/learningcentres/upcoming-workshops



CAN'T MAKE IT TO A LIVE WORKSHOP?

Join the following available anytime asynchronous workshops!

➤ kpu.ca/learningcentres/workshops

- » Effective Editing
- » Time Management Strategies
- » Reading Texts
- » Power Phrasing: Using Information from Sources
- » Work Effectively in Teams
- » Exam Preparation Strategies
- » Pushing Back Against Procrastination
- » Reflective Writing



How to Book a Peer Tutor



Book an appointment with a peer tutor for more explanation related to course concepts.

Book an appointment with a Learning Strategist for issues related to your study skills.

STEP 1

To sign up, visit

➤ **tlc.kpu.ca**

STEP 2

Search for a **Tutoring Subject** or a **Tutor's Name**

STEP 3

Select a time and tutor that works for you

STEP 4

Fill in the appointment details in the form

STEP 5

Make sure to select the required appointment (online or in-person)

STEP 6

On the day of the appointment:

» For online appointments, log into **tlc.kpu.ca**, click on the Calendar tab in the dashboard to view upcoming bookings and click on the blue arrow to launch the eClassroom

For in-person appointments, please visit the Learning Centre
» you've booked the appointment at.

STEP 7

Watch this video to learn more on how to prepare yourself for the online session:

➤ **kpu.ca/online-tutoring**



Log In Sign Up

Welcome to the Learning Centre!

Please note: All appointments are **online only** at this time.

Log In

Sign Up

Submit Writing Assignments

Click [here](#) for more information about our Learning Aids and upcoming workshops.



English Language Support for Multilingual Students

The Learning Centres at KPU offer support around writing, grammar, vocabulary, speaking, and listening skills to students.

For further information, please visit:

➤ kpu.ca/learningcentres/workshops/english-language-support-multilingual-students



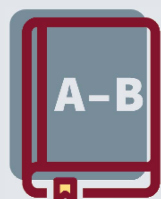
WRITING



GRAMMAR



VOCABULARY



SPEAKING



LISTENING



How to Get Writing Help

We provide KPU students with access to online writing feedback services through WriteUp and WriteAway. These services allow KPU students to submit writing assignments online to receive written feedback from a trained writing tutor within 1–3 days. Follow the steps below to get writing help:



- STEP 1** Visit **tlc.kpu.ca** and log in with your KPU student number and password
- STEP 2** Click on “**Submit writing assignment here**”
- STEP 3** Click on “**Request Assignment Help**”
- STEP 4** Fill in the required information, attach the assignment and then click “**Submit**”



- STEP 1** Go to **writeaway.ca/connect** and select “**KPU**” from the list [
- STEP 2** Select “**Submit your Assignment**”
- STEP 3** Fill in the required information, **upload your assignment**, and **submit**

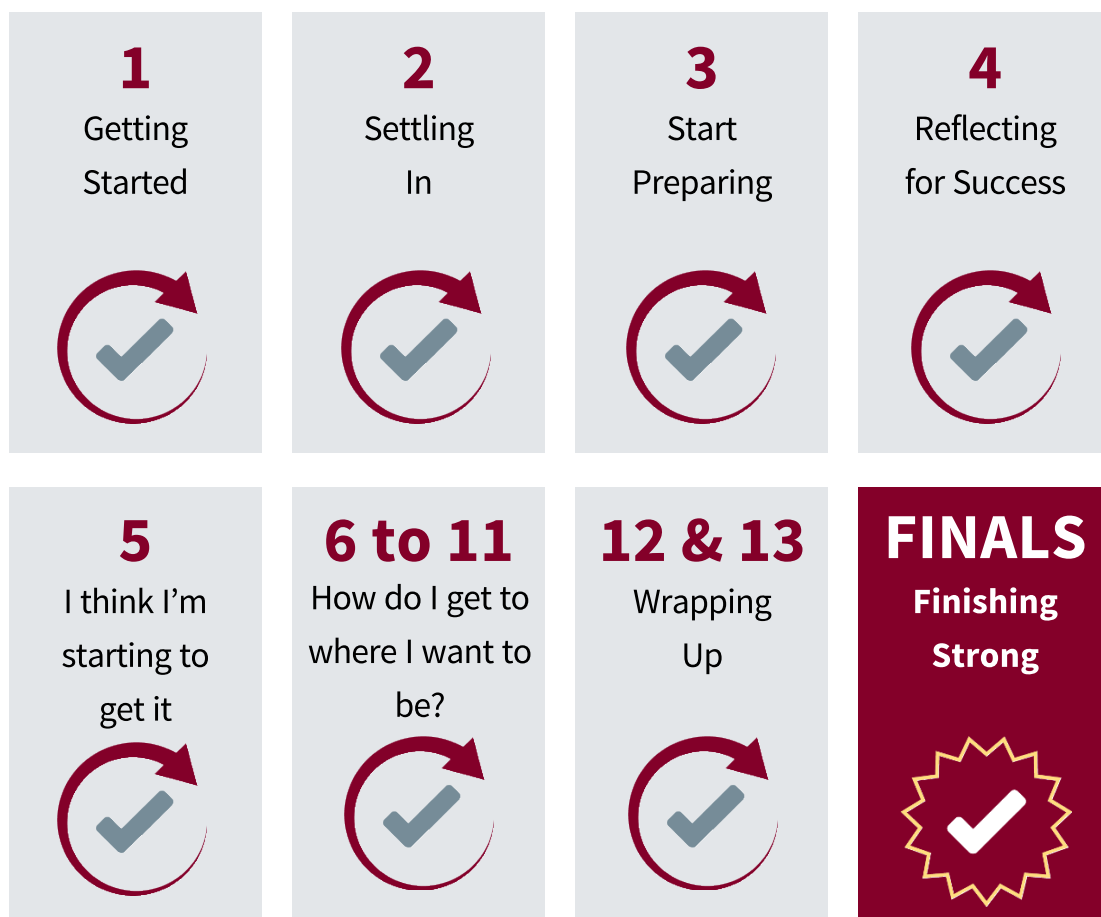
Your First Semester in 13 Weeks

Your first semester will be filled with new experiences and learning opportunities, and you should aim to do the best that you can throughout the semester. This site has been specially prepared to help you stay on track, just click on the weeks to see what skills, resources, events and information you should be familiar with at every point during the semester.



To get started, go to

➤ kpu.ca/learningcentres/first-13-weeks



Don't hesitate to book an appointment with a Learning Strategist if you need more clarification.

➤ kpu.ca/tlc



KPU100

Introduction to KPU



Excited about your studies? Get prepared with some highly effective learning and life strategies before you start the upcoming semester.

This non-credit program is offered completely free to KPU students.

Find out more here: ➤ kpu.ca/kpu100

KEY CONTENT

- » Personal goals development and maintaining focus in an online environment
- » Time-management
- » What is the science behind deep learning theory?
- » Why do we need a growth mindset?
- » Methods and strategies to read texts and take notes
- » Proven memory strategies
- » Why is physical activity and exercise necessary for learning and well-being?
- » Why is sleep and self compassion so important?
- » The power of questioning
- » How to cultivate optimism and resilience
- » How to communicate effectively online
- » Strategies to work in groups and teams online
- » Improve your test taking skills

KPU101

Thriving in Action



Register here:

» kpu.ca/learningcentres/kpu-101-thrive-action

Thriving in Action is a program that has been proven to enhance student well-being, confidence and competence in managing university studies successfully.

KEY CONTENT

- » Grit
- » Willpower & Habits
- » Growth Mindset
- » Curiosity & Creativity
- » Awe & Meaningfulness
- » Sense of Belonging
- » Character Strengths
- » Gratitude
- » Group Work
- » Intentionality
- » Micro-Resilience
- » Note-Taking
- » Optimism
- » Self-Compassion
- » Studying
- » Test-Taking & Feedback

For more information, visit

» kpu.ca/tlc

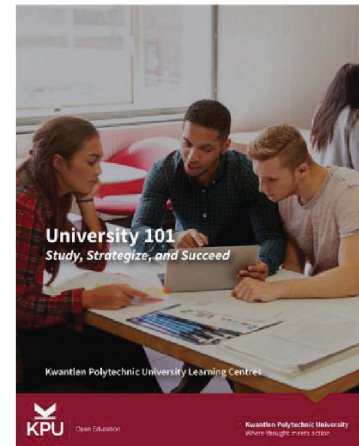


Online Self-Paced Resources

UNIVERSITY 101

By taking the time to read this book and work through the exercises included, you are investing in the skills that will support you in all of your classes and future learning.

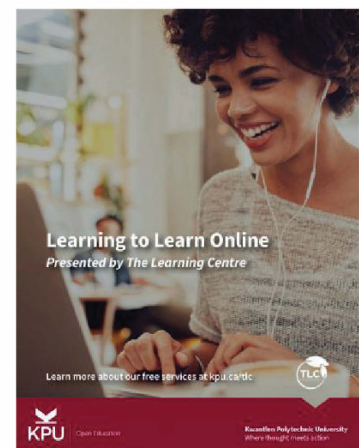
➤ kpu.pressbooks.pub/studystrategizesucceed



LEARNING TO LEARN ONLINE

You will be introduced to effective learning strategies: time management for online learners, information management, professional communication, and reading strategies. Welcome to your online learning journey!

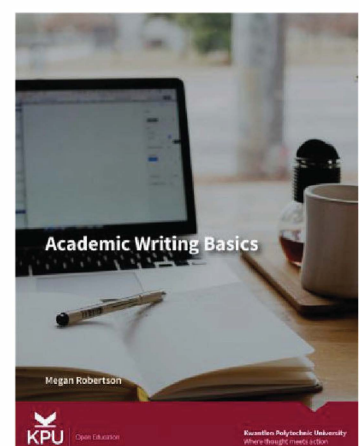
➤ kpu.pressbooks.pub/learningtolearnonline



ACADEMIC WRITING BASICS

Designed specifically for Kwantlen Polytechnic University students, this Pressbook offers interactive activities and strategies for developing academic writing skills. Learners have the opportunity to review key parts of the writing process from interpreting their assignment instructions, to organizing their ideas, drafting their writing, and revising their work.

➤ kpu.pressbooks.pub/academicwritingbasics



READING TEXTS

Learn effective techniques for reading textbooks, articles, research studies and manuals at your own pace.

➤ kpu.pressbooks.pub/readingtextsworkshop



TIME MANAGEMENT FOR BUSY STUDENTS

Learn strategies to becoming a stronger and more efficient learner at anytime and anywhere you like.

➤ kpu.pressbooks.pub/timemanagement



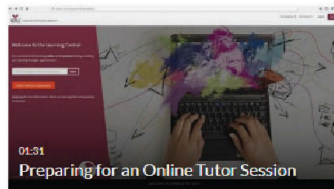
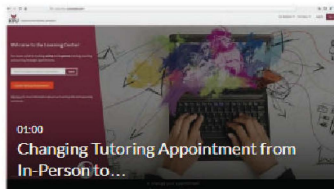
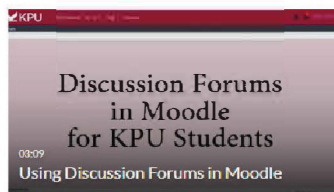
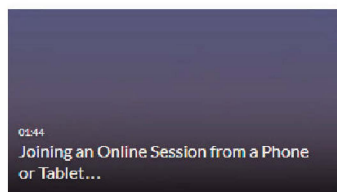
EFFECTIVE EDITING

Improve your writing by developing strong editing skills. In this interactive online workshop, you will learn a systematic process for editing your writing. You will also learn some effective tips for proofreading grammar, spelling, and mechanics.

➤ kpu.pressbooks.pub/effectiveediting







Can't find what you want here?

Go online and check out some of our online video tutorials!



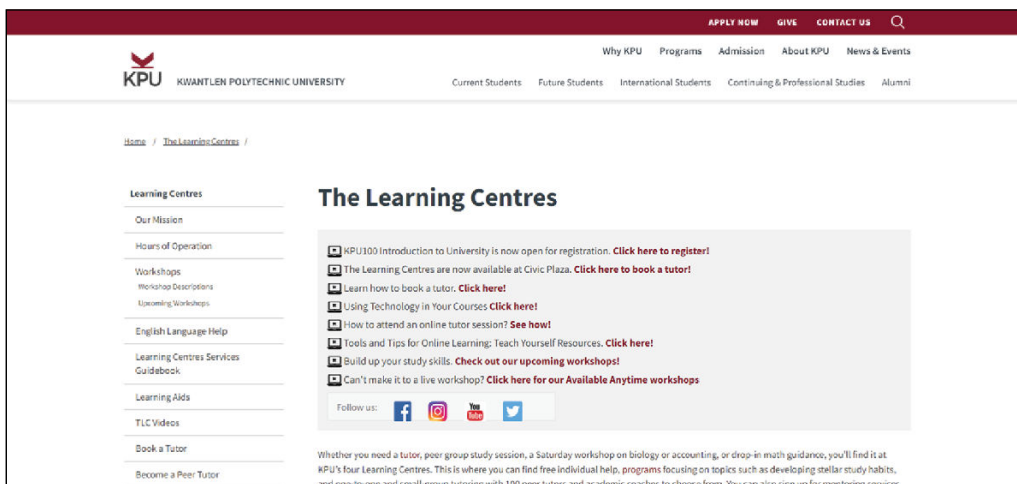
Visit out our
YouTube channel at

Self-Help Resources

THE LEARNING CENTRES WEBSITE

The Learning Centres website provides students with access to a wide range of learning resources and services. Through this website, students can book a face-to-face or online tutor, schedule a session with a Learning Strategist, learn more about upcoming academic workshops, and access supplementary Learning Aids.

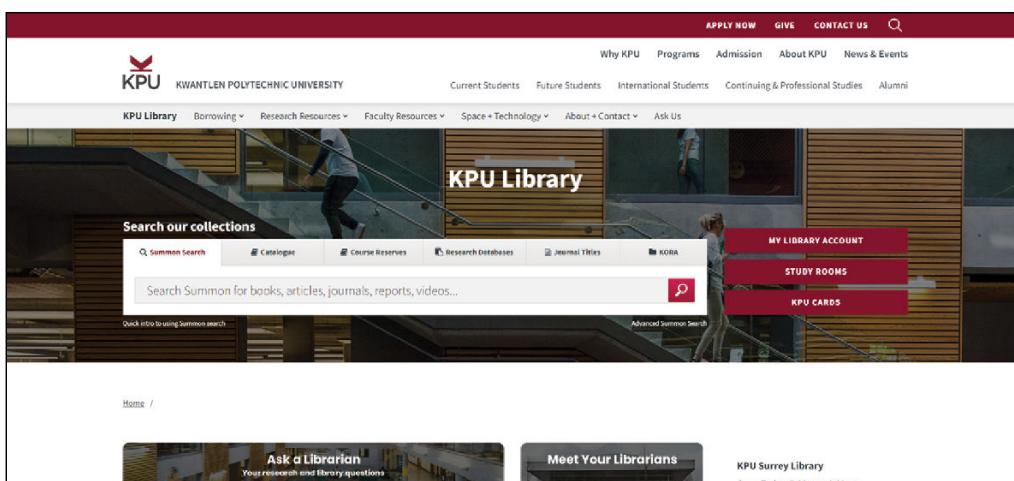
➤ kpu.ca/learningcentres



LIBRARY WEBSITE

The Library website provides access to a wealth of scholarly resources in both print and electronic formats. On the Library website, you'll find links to a range of services to help you achieve your learning goals. This includes access to the library catalog, online materials, research guides, citation guides, and more!

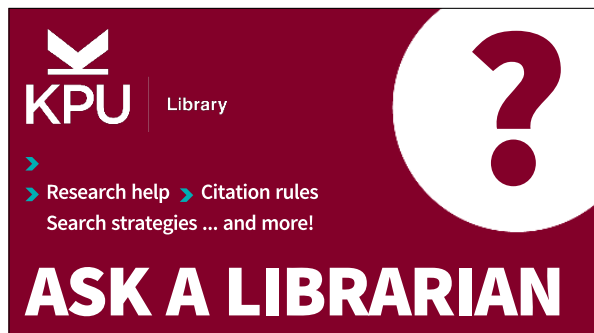
➤ kpu.ca/library



ASKAWAY: ASK A LIBRARIAN

AskAway is a free chat service that allows students to ask librarians questions about research or citations in real time. In addition to chat, you can also find information about how to email, call, or speak one-on-one with a librarian.

➤ kpu.ca/askalibrarian



A STUDENT'S GUIDE TO FINDING & USING THE BEST SOURCES

Use this guide to learn research skills.

➤ kpu.pressbooks.pub/doingresearch

Doing Research has four sections, one for each part of the research process, which detail the steps for approaching research in a library setting.

Topics covered include “Developing your Research Question” and “Popular and Scholarly Articles”. It is perfect for a student new to research and a refresher to an experienced researcher.





Library Research Resources

RESEARCH GUIDES

These subject specific guides are the ideal place to start your research for a class assignment.

➤ libguides.kpu.ca

RESEARCH STRATEGIES

Learn search techniques for the ideal approach to find the best information for your assignment, either from library resources or the open web.

➤ libguides.kpu.ca/research

CITATIONS & PLAGIARISM

Kwantlen Polytechnic University has very strict policies around plagiarizing. Make sure you are citing your sources properly with these guides.

➤ libguides.kpu.ca/citations

COPYRIGHT GUIDELINES

Don't break any copyright laws. Learn about Fair Dealing and be sure about what you are able to copy, across a variety of formats, for academic use.

➤ libguides.kpu.ca/copyright

Library Research Skills

KPU Librarians can help you develop and refine your research and information literacy skills.

KPU Library offers a variety of collections and services. Your instructor might arrange to have a librarian teach you basic research skills and orient you to the library, and we also encourage students to explore our on line learning resources and reach out to librarians. Librarians can help you via chat, text, Zoom, one-on-one appointments, or through email. We welcome all your questions about research and the library. Ask Us!

➤ kpu.ca/library/services/askus

VISIT THE RESEARCH HELP DESK!

Each campus has a Research Help Desk where you can get help directly from a KPU Librarian. Librarians are happy to help with research and citation questions.

You can also Contact Your Librarian if you wish to get in contact with your Liaison Librarian for one-on-one help. Every KPU Department has a dedicated Librarian.

➤ kpu.ca/library/contact-your-librarian

Contact Information

➤ kpu.ca/library



604-599-2103 KPU Surrey

604-599-3111 KPU Richmond

604-599-3204 KPU Langley

604-598-6030 KPU Tech







Contact Information

➤ kpu.ca/learningcentres/contact-us



tlcsurrey@kpu.ca
tlcrichmond@kpu.ca
tlclangley@kpu.ca
tlccloverdale@kpu.ca
tlccivic@kpu.ca
tlconline@kpu.ca



604-599-2437 KPU Surrey
604-599-3454 KPU Richmond
604-599-3444 KPU Langley
604-598-6062 KPU Tech

Follow us at

   **TLCKPU**



For more information, visit
➤ **kpu.ca/learningcentres**

