



The
Learning
Centre

Spring 2026

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.

VISION 2026 »»»

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:

tlconline@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

Spring 2026



To view and register for workshops, visit
➤ kpu.ca/learningcentres/upcoming-workshops

Date	Time	Workshop Title
Wed, Jan 7	12:00 - 1:00 pm	Welcome Week: Your First 13 Weeks
Thu, Jan 8	11:00 - 12:00 pm	Welcome Week: Time Management Strategies
Fri, Jan 9	1:00 - 2:00 pm	Welcome Week: Balancing Life and Learning
Mon, Jan 12	12:00 - 1:00 pm	Learning Strategies for Working Students
Mon, Jan 12	4:00 - 5:00 pm	Plan Your Semester
Wed, Jan 14	10:00 - 11:00 am	Reading Texts and Taking Notes
Thu, Jan 15	12:00 - 1:00 pm	University Essays: First Steps
Sat, Jan 17	4:00 - 5:00 pm	Pebble Pad Basics
Mon, Jan 19	10:00 - 11:00 am	Time Management Strategies
Tue, Jan 20	10:00 - 11:30 am	Writing in Biology
Wed. Jan 21	12:00 - 1:00 pm	Plan Your Semester
Wed, Jan 21	1:00 - 2:00 pm	Improving Reading Skills
Thu, Jan 22	2:00 - 3:00 pm	Writing and Editing Your E-Portfolio
Thu, Jan 22	3:00 - 4:00 pm	Excel Basic Skills for University Students
Fri, Jan 23	3:00 - 4:00 pm	Excel Intermediate Skills for University Students

Date	Time	Workshop Title
Mon, Feb 23	11:00 - 12:00 pm	Quick Energizers: Getting Back in Focus
Tue, Feb 24	6:00 - 7:00 pm	Asking Effective Questions
Wed, Feb 25	12:00 - 1:00 pm	Getting the Best Out of Group Projects
Thu, Feb 26	4:00 - 5:30 pm	Writing in Biology
Fri, Feb 27	1:00 - 2:00 pm	Applying Assignment Feedback to Improve Your Marks
Tue, Mar 3	2:00 - 3:00 pm	Presenting Content Visually
Wed, Mar 4	10:00 - 11:00 pm	Balancing Life and Learning
Thu, Mar 5	1:00 - 2:00 pm	Four Steps to Paraphrasing
Fri, Mar 6	3:00 - 4:00 pm	Learning Strategies for Working Students
Mon, Mar 9	10:00 - 11:00 am	Master Your Memory
Mon, Mar 9	1:00 - 2:00 pm	Presentation Skills for Multilingual Speakers
Tue, Mar 10	1:00 - 2:00 pm	Time Management Strategies
Wed, Mar 11	12:00 - 1:00 pm	Writing and Editing Your e-Portfolio
Thu, Mar 12	4:00 - 5:00 pm	Pebble Pad Basics
Fri, Mar 13	11:00 - 12:00 pm	Strategies to Increase Your Focus and Attention
Mon, Mar 16	11:00 - 12:00 pm	Preparing for End of Semester
Tue, Mar 17	6:00 - 7:00 pm	Pronunciation for Clear Speech
Wed, Mar 18	12:00 - 1:00 pm	Learning From Mistakes
Thu, Mar 19	3:00 - 4:00 pm	Exam Preparation Strategies
Fri, Mar 20	2:00 - 3:00 pm	Quote, Paraphrase, and Summarize
Mon, Mar 23	1:00 - 2:00 pm	Quick Energizers: Getting Back in Focus

Date	Time	Workshop Title
Sun, Jan 25	2:00 - 3:00 pm	Pebble Pad Basics
Mon, Jan 26	10:00 - 11:00 am	Quote, Paraphrase, and Summarize
Tue, Jan 27	2:00 - 3:00 pm	Getting the Best Out of Group Projects
Wed, Jan 28	6:00 - 7:00 pm	Improving Sentence Structure
Thu, Jan 29	1:00 - 2:00 pm	Four Steps to Paraphrasing
Fri, Jan 30	3:00 - 4:00 pm	Excel Intermediate Skills for University Students
Fri, Jan 30	12:00 - 1:00 pm	Say "No" to Procrastination
Mon, Feb 2	1:00 - 2:00 pm	University Essays: First Steps
Tue, Feb 3	1:00 - 2:00 pm	Master Your Memory
Wed, Feb 4	1:00 - 2:00 pm	Writing in Biology
Thu, Feb 5	10:00 - 11:00 am	Enhancing Your Study Skills with Learning Approaches
Fri, Feb 6	2:00 - 3:00 pm	Reading Texts and Taking Notes
Mon, Feb 9	12:00 - 1:00 pm	Time Management Strategies
Tue, Feb 10	1:00 - 2:00 pm	Strategies to Increase Your Focus and Attention
Wed, Feb 11	2:00 - 3:00 pm	Write in Your Own Words
Thu, Feb 12	11:00 - 12:00 pm	Learning From Mistakes
Sat, Feb 14	2:00 - 3:00 pm	Pebble Pad Basics
Tue, Feb 17	12:00 - 1:00 pm	Academic Boost Camp: Reading and Note-taking for Exam Preparation
Wed, Feb 18	1:00 - 2:00 pm	Academic Boost Camp: Strategies for Working and Studying Students
Thu, Feb 19	12:00 - 1:00 pm	Academic Boost Camp: Overcoming Procrastination
Fri, Feb 20	2:00 - 3:00 pm	Academic Boost Camp: Memorization and Learning Strategies

Date	Time	Workshop Title
Tue, Mar 24	6:00 - 7:00 pm	Making Your Writing More Concise
Thu, Mar 26	11:00 - 12:00 pm	Approaching Exams with Confidence
Fri, Mar 27	10:00 - 11:00 am	Preparing for Open Book and Online Exams
Mon, Mar 30	2:00 - 3:00 pm	Exam Preparation Strategies
Wed, Apr 1	12:00 - 1:00 pm	Balancing Life and Learning
Thu, Apr 2	10:00 - 11:00 am	Say "No" to Procrastination
Wed, Apr 8	2:00 - 3:00 pm	Time Management Strategies
Thu, Apr 9	12:00 - 1:00 pm	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

1

Getting
Started



2

Settling
In



3

Start
Preparing



4

Reflecting
for Success



5

I think I'm
starting to
get it



6 to 11

How do I get to
where I want to
be?



12 & 13

Wrapping
Up



FINALS

Finishing
Strong



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

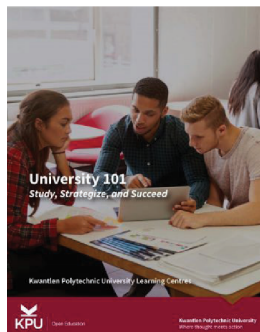


Online Self-Paced Resources

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.

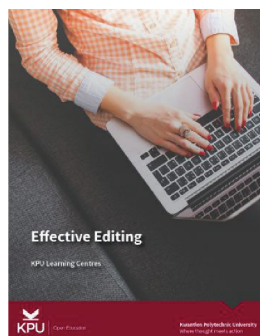
➤ kpu.pressbooks.pub/timemanagement



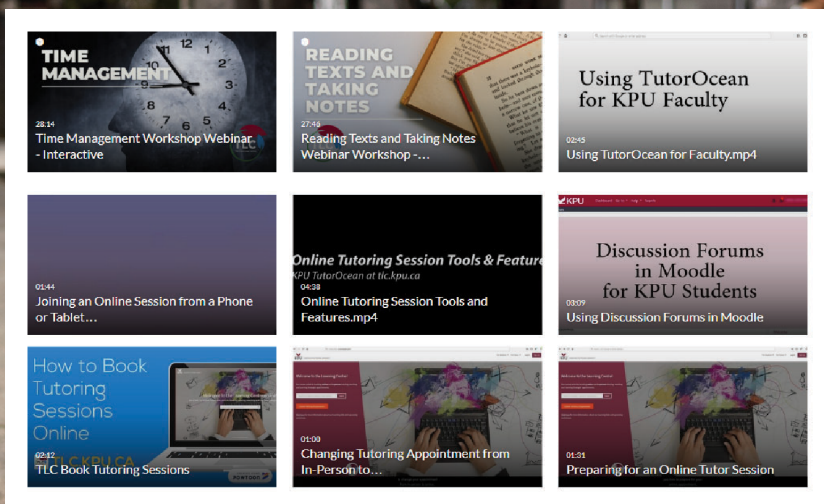
EFFECTIVE EDITING

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!



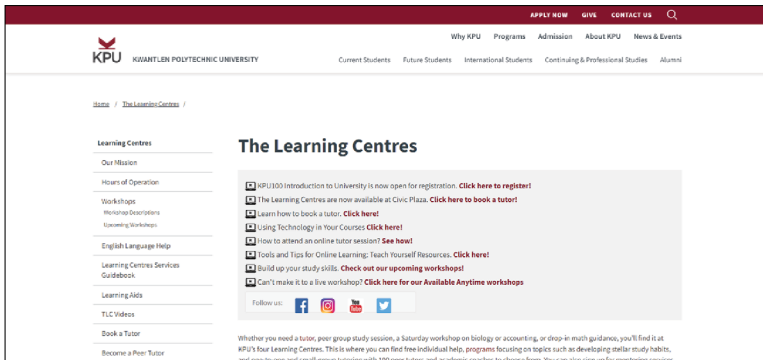
Visit out our
YouTube channel at

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.

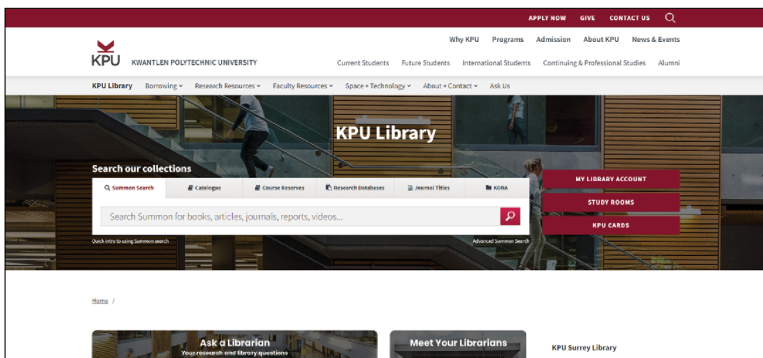
➤ kpu.ca/learningcentres



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

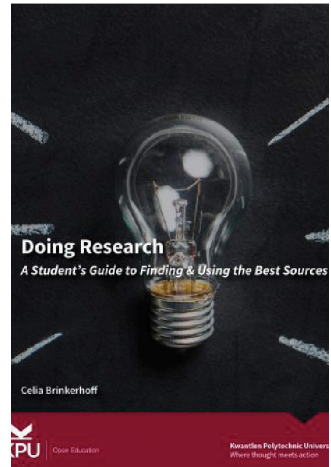


A STUDENT’S GUIDE TO FINDING & USING THE BEST SOURCES

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



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604-598-6062 KPU Tech

Follow us at

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