



The
Learning
Centre

The Learning Centres

HOW CAN WE HELP YOU?

- » Peer tutoring to support your courses
- » Learning Strategist consultations to help you build up your study habits
- » Workshops like “Time Management Strategies” and “Exam Preparation Strategies” to help you develop your skills
- » Many more resources to help you through your university life

All Learning Centre services are **FREE** — free tutoring, free consultations, free workshops, free resources. We are here to support your growth.

For more information, visit

➤ kpu.ca/tlc

HELP FOR ONLINE LEARNING

Get a great start to your online learning through our Online Learning Support page. Find out how to use our technology, how to read your course outline, manage your time, connect with others, and much more. Check it out now.



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

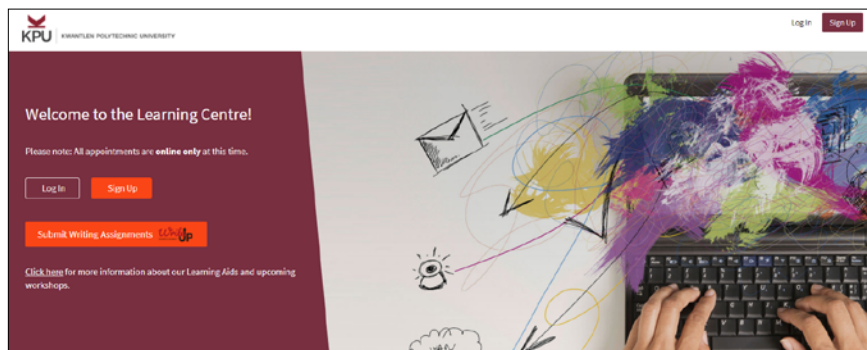
STEP 4 Fill in the **appointment details** in the form

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



How to Get Asynchronous 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**

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
- » Increase academic vocabulary
- » 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.

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Academic Skills Workshops

FALL 2023

To view and register for workshops, visit

➤ kpu.ca/learningcentres/upcoming-workshops



Date	Time	Workshop Title
Wed, Sep 6	9:00 – 10:00am	Your First 13 Weeks
Wed, Sep 6	10:00 – 11:00am	University Essays: First Steps
Wed, Sep 6	11:00am – 12:00pm	Time Management Strategies
Wed, Sep 6	12:00 – 1:00pm	Reading Texts and Taking Notes
Thu, Sep 7	9:00 – 10:00am	University Essays: First Steps
Thu, Sep 7	10:00 – 11:00am	Reading Texts and Taking Notes
Thu, Sep 7	11:00am – 12:00pm	Your First 13 Weeks
Thu, Sep 7	12:00 – 1:00pm	Balancing Life & Learning
Thu, Sep 7	1:00 – 2:00pm	Introduction to Grammar
Wed, Sep 13	10:30 – 11:30am	Time Management Strategies
Wed, Sep 13	1:00 – 2:00pm	Improving Sentence Structure
Thu, Sep 14	12:00 – 12:45pm	Plan Your Semester
Thu, Sep 14	12:00 – 1:30pm	Basic Computer Skills for Students
Fri, Sep 15	12:00 – 1:00pm	Excel Basic Skills for University Students

Date	Time	Workshop Title
Mon, Sep 18	9:00 – 9:45am	Plan Your Semester
Tue, Sep 19	1:00 – 2:00pm	Writing and Editing your ePortfolio
Tue, Sep 19	2:00 – 3:00pm	Developing Reading Skills
Wed, Sep 20	10:00 – 11:30am	Writing in Biology
Wed, Sep 20	12:00 – 1:00pm	Word: Formatting Your Assignment
Wed, Sep 20	1:00 – 2:00pm	Excel Basic Skills for University Students
Thu, Sep 21	10:00 – 11:00am	Writing and Editing your ePortfolio
Fri, Sep 22	10:30 – 11:30am	Say “No” to Procrastination
Fri, Sep 22	12:00 – 1:00pm	Reading Texts and Taking Notes
Fri, Sep 22	2:00 – 3:00pm	Excel Intermediate Skills for University Students
Mon, Sep 25	9:00 – 10:00am	Master Your Memory
Mon, Sep 25	7:00 – 7:45pm	PebblePad Basics
Tue, Sep 26	9:00 – 10:00am	Time Management Strategies
Tue, Sep 26	10:00 – 11:30am	Writing in Biology
Tue, Sep 26	1:30 – 2:30pm	Reading Texts and Taking Notes
Wed, Sep 27	9:00 – 10:00am	Writing Mini Boot Camp: University Essays: First Steps
Wed, Sep 27	10:30 – 11:30am	Getting the Best Out of Group Projects
Wed, Sep 27	1:00 – 2:00pm	How to Summarize and Respond to a Text
Thu, Sep 28	11:00am – 1:00pm	Writing Mini Boot Camp: Find Your Writing Voice

Date	Time	Workshop Title
Thu, Sep 28	12:00 – 1:30pm	Writing in Biology
Fri, Sep 29	12:00 – 1:00pm	Writing and Editing your ePortfolio
Tue, Oct 3	12:00 – 1:30pm	Writing in Biology
Tue, Oct 3	12:30 – 1:30pm	Preparing and Organizing Your Presentation
Wed, Oct 4	9:30 – 10:20am	Say “No” to Procrastination
Wed, Oct 4	11:30am – 12:30pm	Master Your Memory
Wed, Oct 4	12:00 – 1:00pm	Reading Texts and Taking Notes
Wed, Oct 4	1:00 – 2:00pm	Using Punctuation Correctly
Thu, Oct 5	10:00am – 1:00pm	Find Your Writing Voice
Thu, Oct 5	12:00 – 1:30pm	Basic Computer Skills for Students
Thu, Oct 5	1:00 – 2:00pm	Writing and Editing your ePortfolio
Fri, Oct 6	11:00am – 12:00pm	Getting the Best Out of Group Projects
Tue, Oct 10	10:30 – 11:30am	Exam Preparation Strategies
Tue, Oct 10	11:30am – 12:30pm	Quick Energizers: Getting Back In Focus
Wed, Oct 11	10:00 – 11:00am	Master Your Memory
Wed, Oct 11	12:00 – 1:00pm	Four Steps to Paraphrasing (Level 3 ELST)
Thu, Oct 12	2:00 – 3:00pm	Balancing Life & Learning: Self-Care and Productivity
Thu, Oct 12	7:00 – 7:45pm	PebblePad Basics
Fri, Oct 13	12:00 – 1:00pm	Monitoring Your Learning Through Rubrics

Date	Time	Workshop Title
Mon, Oct 16	12:00 – 1:00pm	Getting the Best Out of Group Projects
Tue, Oct 17	10:00 – 11:00am	Academic Integrity Week: Note Taking and Summarizing
Tue, Oct 17	11:00am – 2:00pm	Find Your Writing Voice
Wed, Oct 18	11:00am – 12:00pm	Academic Integrity Week: Quote, Summary, and Paraphrasing
Wed, Oct 18	1:00 – 2:00pm	Academic Integrity Week: Making Your Writing More Concise
Thu, Oct 19	12:00 – 1:00pm	Academic Integrity Week: Learning from Mistakes
Fri, Oct 20	11:00am – 12:00pm	Academic Integrity Week: Reading Texts and Taking Notes
Mon, Oct 23	11:00am – 12:00pm	Writing and Editing your ePortfolio
Mon, Oct 23	4:00 – 5:00pm	Improving Sentence Structure
Tue, Oct 24	12:00 – 1:00pm	Quote, Summary, and Paraphrasing
Wed, Oct 25	11:00am – 12:00pm	Writing in Your Own Words
Mon, Oct 30	2:00 – 3:00pm	Writing in Your Own Words
Tue, Oct 31	11:00am – 12:00pm	Quote, Summary, and Paraphrasing
Tue, Oct 31	12:00 – 1:00pm	In-Text Citations for Research Papers (Level 3 ELST)
Tue, Oct 31	2:00 – 3:00pm	Reading Texts and Taking Notes
Wed, Nov 1	10:00 – 11:00am	Don't Panic Your Final Weeks
Thu, Nov 9	10:00 – 11:00am	Don't Panic Your Final Weeks
Fri, Nov 10	1:00 – 2:00pm	Pronunciation for Clear Speech

Date	Time	Workshop Title
Fri, Nov 10	3:00 – 4:00pm	Word: Formatting Your Assignment
Tue, Nov 14	10:00 – 11:00am	Quick Energizers: Getting Back In Focus
Thu, Nov 16	10:00 – 11:00am	Learning from Mistakes
Fri, Nov 17	1:00 – 2:00pm	Presentation Skills for Multilingual Students: Helpful Expressions
Mon, Nov 20	10:30 – 11:30am	Exam Preparation Strategies
Tue, Nov 21	10:00 – 11:00am	Don't Panic Your Final Weeks
Tue, Nov 21	1:00 – 2:00pm	Whole Person Prep for Exams
Mon, Nov 27	10:30 – 11:30am	Exam Preparation Strategies
Thu, Nov 30	10:30 – 11:30am	Exam Preparation Strategies
Fri, Dec 1	1:00 – 2:00pm	Improve Your Vocabulary

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



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/tlc

OR

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



WRITING



GRAMMAR



VOCABULARY



SPEAKING



LISTENING



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

Where am I now, and 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



KPU 100

INTRODUCTION TO UNIVERSITY

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/learningcentres/kpu100-introduction-to-university

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



KPU 101

Thriving in Action

6 WEEKS X 1.5 HOURS PER WEEK



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



Notes



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The Learning Centres

➤ kpu.ca/learningcentres/contact-us



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Follow us at



TLCKPU

Online Learning Support



Book a tutor or Learning Strategist:

tlc.kpu.ca

Not sure what to do to prepare for the online tutoring sessions?

Watch this video:

kpu.ca/online-tutoring

More resources to support your online learning:

wordpress.kpu.ca/onlinelearning

To view useful videos specially created for you:

bit.ly/3fbU80J