

# Spring 2024 Academic Learning Workshops

## Welcome to the Academic Learning Center:

### **Week 1: 4/3 WED at 5:00-6:00pm (This will be held in the Commons)**

We are super excited to rebrand the Academic Learning Center to the Life University student population and what better way to kick off the quarter than a workshop re-introducing the Academic Learning Center. This interactive workshop will go over all the services that are offered at the ALC. We will show and discuss with you how to use Accudemia, how to sign in for a PAL session, what are PALS?, explain who all the ALC staff are and what their roles are, how to utilize Peardeck (Formerly TutorMe), provide a tour, and much more!

## Time Management Workshop

### **Week 2: 4/10 WED at 5:00-6:00 PM**

Ready to take your quarter to the next level? Join us in building a practical schedule and dynamic management system, tailored to help you maximize your potential and make your time work for you! During this workshop, we will evaluate how we spend 168 hours a week and explore effective strategies to alleviate stress and enhance your productivity. Don't miss out on this opportunity to take control of your semester! It is recommended to bring a printed version of your course syllabi for the workshop activity.

## Studying for Success:

### **Week 3: 4/17 WED at 5:00-6:00pm:**

This workshop is designed to look at various ways to approach studying that can be utilized in every class. The focal point of this workshop is to show how to organize information, such as through a variety of note-taking methods so that it can be moved from short term to long term memory and to study smarter.

## Academic Goal Setting Workshop

### **Week 4: 4/24 WED at 5:00-600 PM**

"Setting goals is the first step in turning the invisible into the visible." Are you looking to enhance your goal setting process and acquire valuable tips on achieving your goals? This workshop is specifically crafted to support you in reaching your academic ambitions. By mastering the skill of setting SMART academic goals, discovering techniques to minimize distractions, effectively managing your time, and accomplishing more tasks in less time, you will develop a growth mindset that will pave the way for your success.

## Ditching the Label

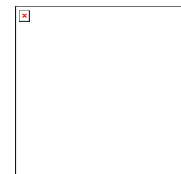
### **Week 5: 5/1 WED at 5:00-600pm:**

We are putting the learning style labels behind us and providing a variety of learning techniques that can help with the array of courses that you will be taking. In this workshop, we are focusing on how to study based on the content, which will bring many of the learning techniques together. How you would learn in a literature class is different than how you would learn in a technique class.

## Finish Strong: Mastering Finals

### **Week 8: 5/22 WED at 5:00pm-6:00pm:**

And in the blink of an eye, you have made it to Week 8 of the quarter. While you may have started feeling the pressure going into finals, have no fear the ALC is here. This workshop gives you an opportunity if you have missed any workshops to come in and recap everything we have covered in case you missed something, grab a snack, and get some one on one services from the ALC staff.



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Online Workshops via BB collaborate AS101: Academic Learning Center  
Click on *Online Meeting Room* for Workshops : These will all be recorded and accessible through Bb AS101:Academic Learning Center

## **Plagiarism**

### **Week 2: 4/10 WED 5:00-6:00 PM**

What is plagiarism and how do we avoid it? Why is everybody so worried about it? What's the big deal? Join the ALC in this workshop on all things plagiarism: from real world consequences and examples to Life University specific policies. This workshop covers when to use citations, how to use citations, direct quotations, paraphrasing, and much more. We'll get into the why's and how's of plagiarism, and we'll have some fun while we do!

## **AI: Is It Useful?**

### **Week 3: 4/17 WED 5:00-6:00 PM**

In this workshop we'll dive deep into the world of generative AI. Is it useful for university work? Is it plagiarism? Can it be used for some things? We'll go over specific programs like Chat GPT, Grammarly, and Bard, as well as exploring broader topics like how the programs work and what they actually accomplish. Join us in an investigation of new programs as we explore how to use them responsibly in higher education.

## **APA Formatting**

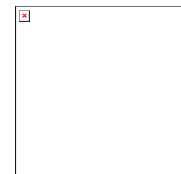
### **Week 4: 4/24 WED 5:00-6:00 PM**

In this workshop we're heading into the world of APA formatting. This citation style, used commonly in science writing, is easier than it seems. Really! But you've got to learn it somewhere, and where better than with the ALC? We'll get into general paper formatting, how to set up a reference page, what to put in an in-text citation, and much more. This short and informative workshop is essential for those new to APA and those who need a reminder.

On ground facilitated by:

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