

# Strategies for Academic Success

## Land acknowledgment

McGill is located on the unceded Indigenous lands of the Kanien'kehá:ka Nation, known as Tiohtià:ke/Montreal. The Kanien'kehá:ka, are one of the nations that make up the Haudenosaunee Confederacy on Turtle Island/North America. Our goal is to promote learning and generate allyship with local Indigenous communities, by honouring and respecting the many nations removed from, as well as those still connected to this land. Throughout the workshop we encourage you to consider how learning helps you encounter new and different information and ways of being. If a land acknowledgment is new to you, we encourage you to learn more through resources like [Native Land](#), McGill Indigenous Initiatives' [The Land and Peoples](#), and [Indigenous Education Resources](#).

## Session description and outcomes

This one-hour workshop will introduce you to practical tips to enhance your academic success as a learner. Get effective learning strategies, time management skills, exam prep tips, and more to boost your success as a learner! No matter where you are in your academic journey, this workshop will help you on the path to achieving your academic goals.

By the end of this session, you will have had a chance to:

- Identify activities to facilitate your learning
- Become familiar with how to be strategic in your approach to studying
- Use active learning strategies to empower your academic success

## Working definitions

**Learning** is a process that involves change in knowledge, beliefs, or behaviors in which learners are actively involved (Bain 2004).

A **learning strategy** is anything that helps the learner engage with, process, remember, or apply information (McGuire 2015).

**Metacognition** is the ability to accurately monitor, judge, and control your own mental processing and learning (McGuire 2015).

**Retrieval practice** is recreating or retrieving stored information from your short-term memory so that it moves into your long-term memory.

**Interleaved practice** is regularly switching between topics while studying.

## Activities

This workshop will involve individual reflection activities, opportunities to share personal experiences with the group, and polling.

## Your next steps

Following the session, reflect on the following questions:

- What is one strategy you will implement this term in your learning?
- How will you know if the strategy is working for you?

## Space for your notes

### Resources

Register for [SKILLS21](#), McGill's workshop-based skills development program for undergraduate students. Consult the [learning resources](#) created by Teaching and Learning Services.

Explore [Stay on Track](#), a peer-to-peer program that enhances undergraduate students' learning and wellness skills. Learn more about the three pathways available: reminders, coaching sessions, and study groups.

Visit [Learner Supports](#) from Student Accessibility & Achievement.

Visit [Campus Life and Engagement](#) to help you acclimatize, settle in, and find the people and services you need. The [Office of the Dean of Students](#) works to enhance the quality of student life and support students, especially those experiencing difficulties.

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## Contact information

For any questions about the workshop material or other related information, visit [www.mcgill.ca/tls/students](http://www.mcgill.ca/tls/students)