A photograph of three students, two women and one man, gathered around a table. They are looking at a document together. The woman in the center is smiling and looking at the document. The woman on the left is looking down at the document. The man on the right is looking at the document and has a pen in his hand. The background is dark and out of focus.

# 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](https://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](https://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

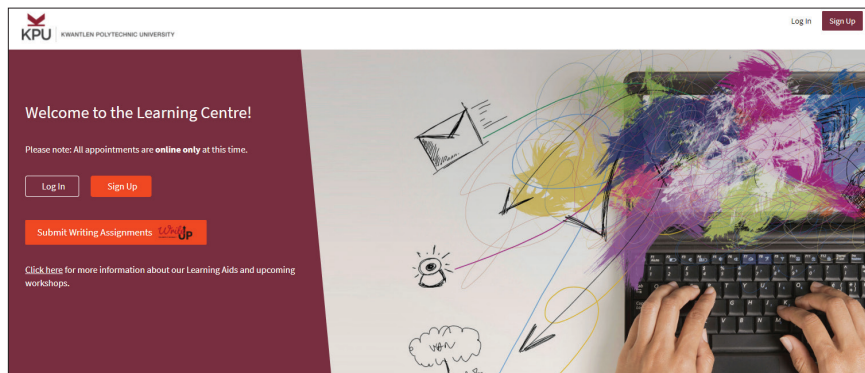
**On the day of the appointment:**

- » For online appointments, log into [tlc.kpu.ca](https://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](https://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](https://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](https://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. To book an appointment with a Learning Strategist, please visit [tlc.kpu.ca](http://tlc.kpu.ca).

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# Academic Skills Workshops

SUMMER 2024

To view and register for workshops, visit

» [kpu.ca/learningcentres/upcoming-workshops](http://kpu.ca/learningcentres/upcoming-workshops)



Date	Time	Workshop Title
Tue, May 7	9:00 – 10:00 am	University Essays: First Steps
Tue, May 7	10:00 – 11:00am	Your First 13 Weeks
Wed, May 8	9:00 - 10:00 am	Time Management Strategies
Wed, May 8	10:00 – 11:00am	Reading Texts and Taking Notes
Fri, May 10	3:00- 4:00 pm	Improving Sentence Structure
Mon, May 13	1:00 – 2:00pm	Writing & Editing Your ePortfolio
Tue, May 14	3:00- 4:00 pm	Plan Your Semester
Wed, May 15	9:00 - 10:00 am	Preparing for Weekly Quizzes
Wed, May 15	1:00 – 2:00pm	English Language Success Seminars: Developing Reading Skills
Thu, May 16	1:00 – 2:30pm	Writing in Biology
Thu, May 16	12:00- 1:00 pm	PebblePad Basics
Sun, May 19	7:00- 8:00 pm	PebblePad Basics
Tue, May 21	10:00 – 11:00am	Quote, Paraphrase and Summarize (Writing More Effective Paraphrasing)
Tue, May 21	2:00- 3:00 pm	Reading Texts and Taking Notes
Tue, May 21	7:00- 8:00 pm	PebblePad Basics
Wed, May 22	3:00 – 4:00pm	PebblePad Basics
Wed, May 22	9:00am – 10:00pm	Learning Strategies for Working Students

Date	Time	Workshop Title
Thu, May 23	12:00- 1:00 pm	Excel: Intermediate Skills for University Students
Fri, May 24	12:00- 1:00 pm	Writing & Editing Your ePortfolio
Sun, May 26	7:00- 8:00 pm	PebblePad Basics
Tue, May 28	5:00- 6:30 pm	Writing in Biology
Wed, May 29	1:00- 2:00 pm	Say No to Procrastination
Thu, May 30	11:00 am- 12:00 pm	Team Processes & Progress
Fri, May 31	1:00 – 2:00pm	Word: Formatting Your Assignment
Sat, Jun 1	7:00 – 8:00pm	PebblePad Basics
Mon, Jun 3	2:00 – 3:00pm	Master Your Memory
Tue, Jun 4	10:00-11:00 am	Effective Presentation Skills
Wed, Jun 5	9:00- 10:00 am	Strategies to Increase Your Focus and Attention
Wed, Jun 5	1:00- 2:00 pm	Using Punctuation Correctly
Fri, Jun 7	2:00 – 3:00pm	Time Management Strategies
Tue, Jun 11	2:00 – 3:00pm	Writing & Editing Your ePortfolio
Wed, Jun 12	12:00- 1:00 pm	Balancing Life & Learning
Thu, Jun 13	1:00 – 2:00pm	Making Your Writing More Concise
Fri, Jun 14	2:00 – 3:00pm	Time Management Strategies
Mon, Jun 17	2:00 – 3:00pm	Overcoming Procrastination
Tue, Jun 18	1:00 – 2:00pm	Five Steps to Paraphrasing: (for ELST 0381)
Wed, Jun 19	12:00 – 1:00pm	Enhancing your Study Skills with Learning Approaches
Wed, Jun 19	4:00- 5:00pm	Pronunciation for Clear Speech
Thu, Jun 20	1:00 – 2:00pm	Teamwork and Academic Integrity

Date	Time	Workshop Title
Wed, Jun 26	11:00 am -12:00 pm	Apply Assignment Feedback to Improve Your Marks
Fri, Jun 28	10:00- 11:00 am	Reading Texts and Taking Notes
Thu, Jul 4	10:00- 11:00 am	Get Past Writer's Block
Tue, Jul 9	4:00- 5:00 pm	Presentation Skills for Multilingual Students: Useful Tips and Helpful Expressions
Thu, Jul 11	12:00 – 1:00pm	Preparing for End of Semester
Wed, Jul 17	10:00- 11:00 am	Overcoming Procrastination
Thu, Jul 18	3:00- 4:00 pm	Preparing for Open Book Exams
Mon, Jul 22	2:00- 3:00 pm	Master Your Memory
Wed, Jul 24	9:00- 10:00 am	Exam Preparation Strategies
Tue, Jul 30	12:00- 1:00 pm	Preparing for Open book and Online exams
Thu, Aug 1	9:00- 10:00 am	Exam Preparation Strategies

For the most updated workshop schedule, please visit  
 ➤ [kpu.ca/learningcentres/upcoming-workshops](https://kpu.ca/learningcentres/upcoming-workshops)

### CAN'T MAKE IT TO A LIVE WORKSHOP?

Join the following available anytime asynchronous workshops!

➤ [kpu.ca/learningcentres/workshops](https://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/learningcentres/workshops/english-language-support-multilingual-students](https://kpu.ca/learningcentres/workshops/english-language-support-multilingual-students)



<b>WRITING</b> 	<b>GRAMMAR</b> 
<b>VOCABULARY</b> 	<b>SPEAKING</b> 
<b>LISTENING</b> 	

# 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](https://kpu.ca/learningcentres/first-13-weeks)

<b>1</b> Getting Started 	<b>2</b> Settling In 	<b>3</b> Start Preparing 	<b>4</b> Reflecting for Success 
<b>5</b> I think I'm starting to get it 	<b>6 to 11</b> Where am I now, and how do I get to where I want to be? 	<b>12 &amp; 13</b> Wrapping Up 	<b>FINALS</b> Finishing Strong 

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

➤ [kpu.ca/tlc](https://kpu.ca/tlc)



# KPU 101

## Thriving in Action



6 WEEKS X 1.5 HOURS PER WEEK



Register here:

➤ [kpu.ca/learningcentres/kpu-101-thrive-action](https://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](https://kpu.ca/tlc)



# KPU 100

## 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/learningcentres/kpu100-introduction-to-university](https://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

# Notes



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# Notes



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# The Learning Centres

➤ [kpu.ca/learningcentres/contact-us](https://kpu.ca/learningcentres/contact-us)

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## Online Learning Support



Book a tutor or Learning Strategist:  
[tlc.kpu.ca](https://tlc.kpu.ca)

Not sure what to do to prepare for the online tutoring sessions?  
Watch this video:

[kpu.ca/online-tutoring](https://kpu.ca/online-tutoring)

More resources to support your online learning:  
[wordpress.kpu.ca/onlinelearning](https://wordpress.kpu.ca/onlinelearning)

To view useful videos specially created for you:  
[bit.ly/3fbU80J](https://bit.ly/3fbU80J)