

# The Centre for Learning Strategy Support offers a wide variety of ways to connect, depending on your needs and preferences.

## Would you like real-time guidance or to explore at your own pace?

Our services are open to all students. If a program has eligibility requirements, it will be specified in the description, which can be found on Folio.

| In real time  |   |  |                 | At my own pace   |                    |
|---|---|--|-----------------|--|--------------------|
| With a group<br>folio.utoronto.ca   |   | With one person<br>folio.utoronto.ca   |                 | Resource and format  | Time commitment    |
| Event type  | Time commitment   | Appointment type   | Time commitment |  |                    |
|   |   |  |                 | <b>Academic Resource Library</b><br><a href="https://folio.utoronto.ca/resourcelibrary">uoft.me/resourcelibrary</a><br>These AODA-compliant PDF handouts offer practical tips that are easy to follow.                                   | 2–4 minutes each   |
| <b>Workshops</b><br><a href="https://uoft.me/learningsupport">uoft.me/learningsupport</a><br>Standalone workshops on a range of topics.   | 60–90 minutes   | <b>Peer Mentor</b><br><a href="https://uoft.me/clssmentors">uoft.me/clssmentors</a><br>For your first appointment, try starting with a peer mentor consultation.   | 30 minutes      | <b>Study Strategies Library</b><br><a href="https://uoft.me/studystrategies">uoft.me/studystrategies</a><br>A collection of webpages on topics like managing projects, talking with professors or rebooting after a setback.             | 2–4 minutes each   |
| <b>Programs</b><br><a href="https://uoft.me/learningsupport">uoft.me/learningsupport</a><br>Some programs invite you to attend any session, while others have cohorts and ask for regular attendance.   | 60–90 minutes per session<br><br>Some programs require a 4–6-week commitment. | <b>Learning strategist</b><br><a href="https://uoft.me/learningstrategists">uoft.me/learningstrategists</a><br>Book an appointment (maximum of two per week).  | 50 minutes      | <b>Study Skills eBook collection</b><br><a href="https://uoft.me/StudySkillseBooks">uoft.me/StudySkillseBooks</a><br>A collection of eBooks curated by our team of educators, coaches and learning strategists.                          | 3–5 days per title |
|   |   | <b>Learning strategist on location</b><br><a href="https://uoft.me/learningstrategists">uoft.me/learningstrategists</a><br>Appointments are also bookable through your college registrar or faculty for location and discipline specific supports (see our website for details). | 50 minutes      | <b>Study Skills audiobook collection</b><br><a href="https://uttoronto.overdrive.com">uttoronto.overdrive.com</a><br>(Go to Collections > Learning Strategies)<br>Enjoy some food for thought while working out or working on a project. | 3–5 days per title |
| <b>Study Hubs</b><br><a href="https://uoft.me/studyhubs">uoft.me/studyhubs</a><br>Multi-disciplinary co-working sessions facilitated by trained peers.  | 2 hours   |  |                 | <b>“Five Keys to Succeed” noncredit course</b><br><a href="https://uoft.me/5Keys">uoft.me/5Keys</a><br>Learn to manage stress, build productivity habits and study effectively.  | 2–4 hours          |
| <b>Graduate Writing Groups/<br/>Graduate Productivity Groups</b><br><a href="https://uoft.me/gwg">uoft.me/gwg</a>   <a href="https://uoft.me/gpg">uoft.me/gpg</a><br>Multi-disciplinary co-working sessions for students in graduate and professional programs, facilitated by trained peers. | 2–2.5 hours   |  |                 |  |                    |