

## Research Shows...

- Learning about learning improves academic performance
- Awareness of which study skill to use and when to use it increases academic performance
- Learning about study skills increases an individual's awareness of their strengths and weaknesses
- Learning about learning makes studying more than just a habit

## PARTICIPATING SERVICES

**LEARNING SERVICES**  
JOURNALISM HOUSE, RM 114  
519-756-8228 EXT. 5736  
LEARNINGBRANTFORD@WLU.CA

**WRITING CENTRE**  
JOURNALISM HOUSE, RM 113  
519-756-8228 EXT. 5788  
WRITINGCENTREBFD@WLU.CA

**COUNSELLING SERVICES**  
STUDENT CENTRE, RM SC 207  
519-756-8228 EXT. 5889  
CSBRANTFORD@WLU.CA



**NEW  
YEAR—  
NEW  
START!**

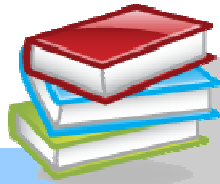
**A PROGRAM  
TO IMPROVE  
ACADEMIC  
PERFORMANCE**

**Brought to you by  
Learning Services and  
Counselling Services  
at Laurier Brantford**

## Jump start yourself and get your academics back on track

### New Year— New Start!

- Participate in a program specifically designed for individuals struggling academically
- Program consists of individual support on a variety of academic skills combined with several group counselling sessions
- Learn the necessary academic skills to improve your academic performance



Sessions start in September and January.

In addition to the New Year–New Start program the following services may be of assistance:

#### **Counselling Services**

Counselling Services offers numerous resources devoted to enhancing student personal development. Students may find it helpful to engage in confidential, personal (non-academic) counselling to address issues such as motivation, goal setting, concentration and stress management that may be creating barriers to academic success. Counselling Services also offers groups for students addressing issues like procrastination, stress management and relaxation.

#### **The Writing Centre**

The Laurier Brantford Writing Centre provides writing support to students through individual consultations with trained writing tutors. Tutors provide feedback to students at any stage of the writing process from developing an outline to reviewing a draft. Hour-long consultations are by appointment; drop-in hours are also available each week.

#### **Learning Services**

Learning Services provides individual appointments and group workshops to improve academic skills from learning how to master different exam formats to improving your reading and notetaking. For students who require additional support, the Tutor Referral Service is also available.

For more information contact Learning Services at [learningbrantford@wlu.ca](mailto:learningbrantford@wlu.ca).