

FIRST YEAR LEARNING STRATEGIES

John Buxcey, Alex Gavrilov & Sharon Dias, Learning Strategies Team



TERRITORIAL ACKNOWLEDGEMENT



INTRODUCTIONS



Alexandr Gavrilov, MSc Candidate

Learning Strategist

Alex was born and raised in small town of Aktobe in Kazakhstan and is currently residing on the Lkwungen Traditional Territory. He is completing his masters degree in Health Informatics and works with a diverse variety of students on tasks including: tutoring, learning strategies, implementation of academic accessibility setups, research assistance and general student support. In his free time, Alex likes to hike and explore nature, play tennis and listen to audio books.



John Buxcey, PhD Candidate

Learning Strategist

John was born in Victoria and has been respectfully living, learning, exploring, and teaching on the Lewungen Traditional Territory for most of his life. As a member of the learning strategist team, John works one-on-one with students in order to help identify the strategies to support student engagement that will have a positive impact on their academic achievement. Outside of work, John can usually be found at a local lake or beach with friends and family.

Learning Strategies Program



About the Program

The Learning Strategies Program is a new free service open to all Uvic students (undergraduates, graduates, international, Indigenous) who wish to maximize their academic performance and educational outcomes.

We offer personalized academic support for those wishing to develop skills in:

- Critical thinking
- Reading comprehension
- Studying
- Writing
- Project or assignment planning
- Anxiety reduction
- Self-management
- Strategies for online learning

We are here to support your academic success, building a toolbox of skills that can be used as you graduate and begin your career.

This complimentary service is part of the Division of **Learning and Teaching Support and Innovation**. The Centre for Accessible Learning also offers a coaching service for learning strategies – **learn more here!**



Hours and Location

Meet with a **Learning Strategist** to discuss your needs. Contact

learningstrategies@uvic.ca to book an appointment. Appointments are available virtually through Zoom, email or by phone.

Hours of Service:

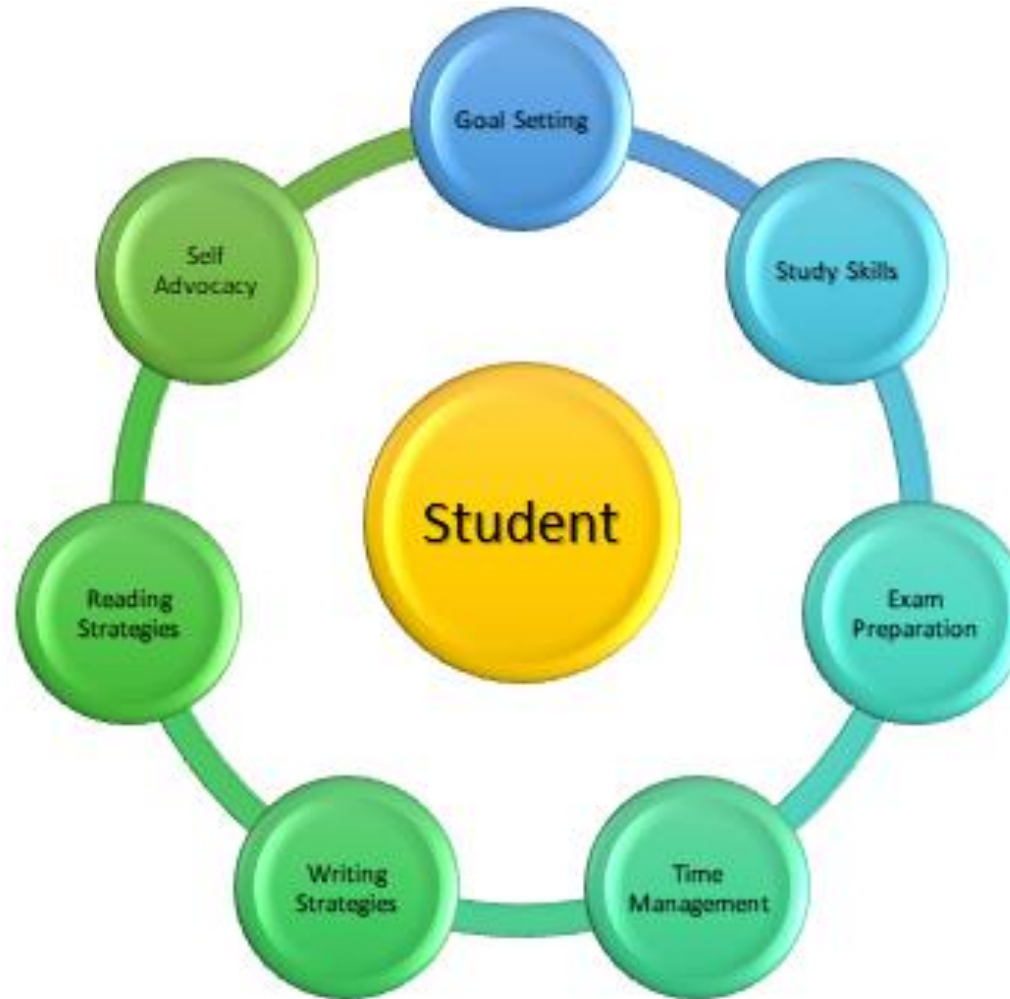
- Monday – Friday | 8am-5:30pm
- Sunday | 10am-2pm

You can book either a 50 minute or 25 minute appointment with a learning strategist.

Book an appointment now!

If you are scheduling an appointment for the first time, you will be directed to a registration form (your primary Netlink ID will appear in the user name field). You will only need to register once. Moving forward, this link will bring you directly to the schedule.

Workshop Outcomes



HIGH SCHOOL VS. UNIVERSITY

High School

1. Learning occurs during scheduled time within school hours.
2. Assignments are short/small tests, quizzes, and reports with many opportunities to show and improve learning.
3. Teachers supervise student progress and give support when needed.
4. Assignments will often be accepted and marked even if they are late.
5. Students are tasked with memorizing facts and demonstrating that knowledge.

University

1. Learning occurs outside scheduled class time, using textbooks, handouts or lecture notes.
2. Less assignments – midterms, term papers, final exams and fewer chances to show and improve learning outcomes.
3. Students are expected to seek out available support themselves.
4. Assignments will have marks deducted if submitted late.
5. Students engage in deeper more critical thinking, independent research and analysis.

LEARN THE TECHNOLOGY

Brightspace is UVic's new learning management system and will be the main hub for many of your courses.

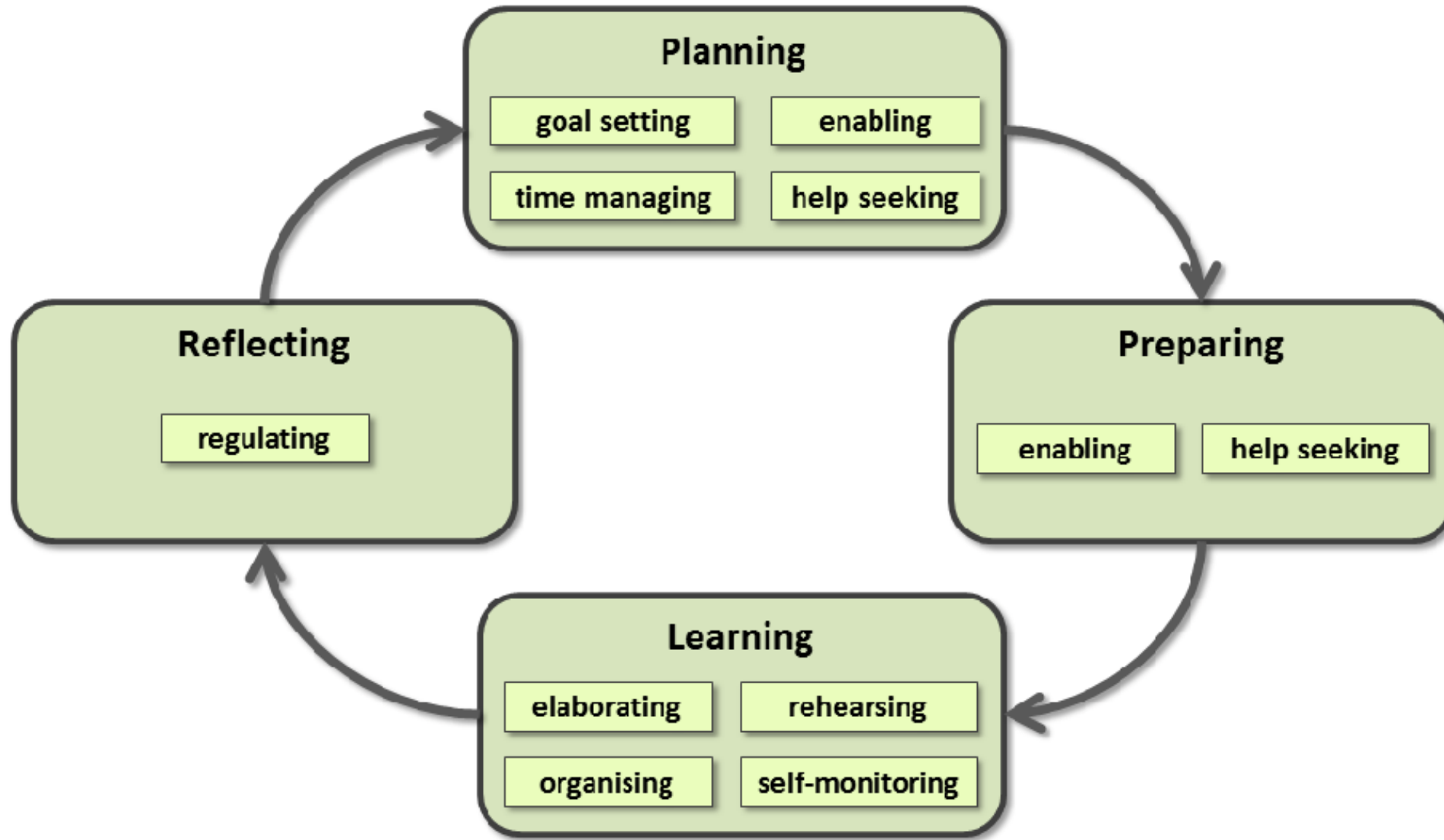
Zoom is UVic's web conferencing tool for live virtual classrooms and online meeting spaces for instructors and students.

Microsoft Teams is a communication and collaboration tool that allows you to communicate quickly with your classmates and collaborate using familiar Microsoft services such as Word, PowerPoint, and Excel.

UVIC email make sure you have your university email set up

Echo 360 is a video platform with tools for student engagement. Accessed through Brightspace, it enables instructors to create and share videos, record in-person and online lectures, and engage students with Q&A and polls before, during, and after class.

⁸ Great time management starts with good self-regulating learning skills (SRL) ⁷



GET ORGANIZED

Keep a calendar, weekly chart, or list of all course work

- Create semester plan
- Create monthly plan
- Create weekly plan

Create a regular study and assignment schedule

- Plan your study time accordingly
- Manage your readings



Semester Plan and Weekly Plan

This technique can help you to:

- Develop awareness of what is coming up
- Prioritize tasks according to value
- Anticipate heavy weeks and plan forward to get some things done early
- Not lose track of something in one course because you are hyper-focusing on another course

Important Dates

- Always highlight important due dates (Exams, quizzes, homework) and set reminders
- Schedule your breaks
- Schedule active time
- Schedule “chores”

Urgent Matrix

The Important – Urgent Matrix

	URGENT	NOT URGENT
IMPORTANT	<ul style="list-style-type: none">• Crisis management• Problem managing (asking for extensions, handing in “less than” work, pulling all-nighters.• Anxiety peaks, sleep difficulties• Reactive responses	<ul style="list-style-type: none">• Proactive• Preparation• Prevention• Planning• Re-creating• Time for “fun” activities
NOT IMPORTANT	<ul style="list-style-type: none">• Other people’s request/issues• Phone, email, texting• Unnecessary reports• Others’ “drama”	<ul style="list-style-type: none">• Trivial busywork• Irrelevant phone calls, email, texting• Time wasters• Escape Activities: Facebook, Twitter, internet





Create

April 2020



S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9



Search for people

My calendars



- ☒ Alexandr Gavrilov
- ☒ Birthdays
- ☒ Reminders
- ☒ Tasks

Other calendars



- ☒ Holidays in United States

SUN
29MON
30TUE
31WED
Apr 1THU
2FRI
3SAT
4

- 10am TUTORI
- 11am TUTORI
- 1pm HINF 57

- 10am Tutori
- 1pm TUTORI

- 3pm TUTORI

- 9am TUTORI
 - 10am Tutori
- 3 more

5

- 11:30am Me

6

- 11am TUTORI
 - 1pm HINF 57
- 2 more

7

- 10am Tutori
 - 1pm TUTORI
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8

- 9:30am Tuto
- 3pm TUTORI

9

- 9am TUTORI
 - 10am Tutori
- 3 more

10

- 10am ECON
- 5pm Tutorin

11

12

Easter Sunday

- 10:30am Tut
- 2 more

13

Easter Monda

- 10am Times
- 4pm Group n

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- 10am Tutori
- 5pm Group n

15

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- 10am Tutori

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- 1pm Встреч

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- 1pm Jonas t

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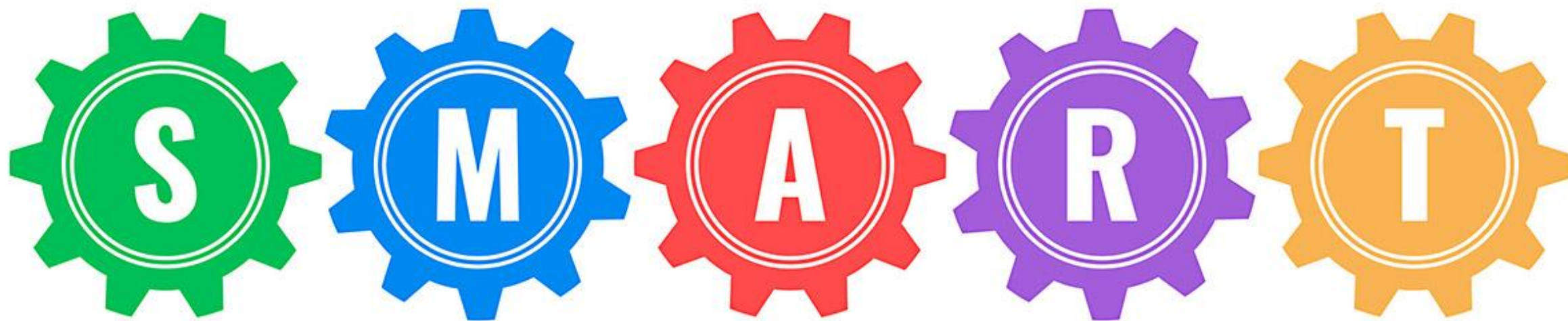
30

- 3pm Intervie
- 3pm DIO Co-

May 1

- 10am Call Ki

2



SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME-BOUND



5 Time Management Tips

- Make a list of all the things you must do. Rank them by most important to least important. Focus on getting number one or number two finished.
- Once you've identified the most important (numbers one or two), write the tasks down adding deadlines. Use calendars; apps or otherwise to note your deadlines
- Look at your day, **carve out a fixed time** that you can commit to working on this task- and stick to it.
- Create the study space in advance, make sure it is rid of all distractions
- Remember to be kind to yourself- take breaks when you need them, eat and hydrate

7 TIPS FOR HYBRID LEARNING

- 1) Get organized
- 2) Learn the technology
- 3) Ask for Help
- 4) Make time and space
- 5) Stay in touch
- 6) Avoid multitasking
- 7) Take breaks

MAKE TIME AND SPACE

- Give yourself extra time to complete assignments.
- Begin assignments asap so, if issues come up, you have time to seek clarification and support.
- Identify and use a good study space.



STAY IN TOUCH

- Use your instructors' virtual office hours, email, or phone.
- TAs' contact information.
- Use classroom discussion forums to build community with your classmates.

AVOID MULTITASKING

- Multitasking often ends up causing us to take longer to finish.
- The evidence out there suggests that there is no such thing as multitasking.
- The research (psychology) shows that we can only attend one cognitive task at a time.
- It is, in fact, switching between tasks quickly.
- It has been found that multitasking increases the production of the stress hormone cortisol and adrenaline.
- Use concentrated time and triage.

TAKE BREAKS

- Set aside blocks of time to study
- Take breaks! Short scheduled breaks allow your study sessions to remain focused!
- Ensure you adhere to your study schedule!
- Consider using the Pomodoro Technique.
- Try to maintain a specific schedule.

GET HELP

- Don't wait until the last minute to reach out.
- Read course materials carefully.
- Reach out to your instructor.
- Email etiquette.
- Email a classmate.
- Contact one of the academic support services listed

RESOURCES ON CAMPUS

- **Learning Strategies Program**

The Learning Strategies Program is a new free service open to all UVIC students (undergraduates, graduates, international, Indigenous) who wish to maximize their academic performance and educational outcomes.

<https://onlineacademiccommunity.uvic.ca/LearnAnywhere/learning-strategies/program/>

- **UVic Counselling Services.**

Counselling Services can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. To find out more and/or to book an appointment, please follow

<https://www.uvic.ca/services/counselling/>

RESOURCES ON CAMPUS

- **Health Services (Clinic Services)**

UVic health clinic offers same day and pre-booked appointments. Due to the COVID-19 pandemic UVic Health has transitioned to offering services primarily by telehealth. **Appointments can be made by phone, please do not come in person to make appointments.** This includes same-day and pre-booked appointments. In-person visits are available when required.

<https://www.uvic.ca/services/health/services/>

- **Multifaith Centre**

[Multifaith](#) is a diverse community with chaplains from 12 different faith traditions. They offer a range of community, spiritual and faith programming - everything from prayer, meditation and yoga to a weekly Pet Café with friendly therapy dogs. Find them at the <https://www.uvic.ca/search/maps-buildings/buildings/multifaith-centre.php>

RESOURCES ON CAMPUS

- **Centre for Accessible Learning (CAL)**

CAL offers information and support for UVic students with a permanent disability to promote educational equity and accessibility. Students who need classroom accommodations such as alternate text formats, or other on-campus support should contact CAL as soon as confirmation of enrollment is received. If you wish to explore options for accommodation <https://www.uvic.ca/services/cal/>

- **Centre for Academic Communication (CAC).**

The CAC provides face-to-face and online assistance in reading, writing, speaking, and academic expectations. To find out more and/or to book an appointment, please follow this <https://www.uvic.ca/learningandteaching/cac/index.php>

RESOURCES ON CAMPUS

- **Indigenous Student Community**

UVic and the Indigenous Faculty, Staff and students continue to work towards creating programming that is inclusive and representative of Indigenous peoples heritage and concerns. If you wish to connect with this community: <https://www.uvic.ca/services/indigenous/index.php/students/supports/students/supports/students/students/index.php>

- **Support for International Students**

Please follow <https://www.uvic.ca/international/> for programs to support international students.

- **Sexualized Violence Prevention and Response at UVIC**

Whether or not you have been directly impacted, if you want to take part in the important prevention work taking place on campus, you can also reach out: Where: Sexualized violence resource office in EQHR, Sedgewick C119

<https://www.uvic.ca/services/studentlife/student-conduct/sexualized-violence/>

Phone: 250.721.8021 Email: svpcoordinator@uvic.ca

LEARNING STRATEGIST PROGRAM



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This no-fee service is available to all students, and is part of the Division of **Learning and Teaching Support and Innovation**.

The Centre for Accessible Learning (CAL) offers a fee-based tutor and learning strategies program for all students. Students registered with CAL may be eligible to receive funding to cover the costs. – [learn more here!](#)

TO BOOK A CONSULTATION WITH A LEARNING STRATEGIST GO TO:



Hours and Location

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WELCOME BACK TO UVIC AND ENJOY YOUR LEARNING PROCESS!

