

Excel MORE.

Accessibility Services and Wellness Initiatives are offering a transition workshop series to help you get more out of your studies at Georgian.

CHECK OUT THE FREE WORKSHOPS AND SIGN UP FOR ALL THAT WILL BENEFIT YOU!

Why grit and accepting how you learn are important to becoming a successful student

Hosted by | Howard Ditkofsky, Accessibility Advisor

Wednesday, Aug. 12, at 2 p.m.

This workshop will assist you to figure out the best methods to use for studying, reading, and note-taking. Howard will share personal, as well as other students' experiences, that have helped them achieve success in postsecondary education.

Time and Healthy Stress Management – sometimes these 2 things are related!

Hosted by | Maria Edwards, Fitness Co-ordinator and Sara-Jane Neid, Accessibility Advisor Lead

Wednesday, Aug. 19, 2 p.m.

Eat, sleep, study, repeat. Learn to manage your time and integrate some healthy habits into your day to help with stress relief. Learn the benefits of planning your time for academics and how to include physical activity into your planned weekly routine. A healthy mind and body can minimize feelings of stress and improve academic performance.

Do you ever experience test anxiety? Learn how to reduce it

Hosted by | Greg Taylor, Counselling Co-ordinator and Case Manager and Shaelagh Vanderveen, Accessibility Advisor

Wednesday, Aug. 26, 2 p.m.

This workshop focuses on the many effects that anxiety has on us, including how it may impact us while completing tests. You might be surprised to learn that anxiety can sometimes be helpful. Join us to learn some strategies to manage anxiety.

Making the most of Georgian's Student Services – A collaborative look at services and how to access them

Hosted by | Kailey Lapointe and Chelsey Leal-Hampson, Accessibility Advisors

Wednesday, Sept. 2, 2 p.m.

Coming to college can be overwhelming! Luckily, you have a lot of people at Georgian that are eager to help you succeed. Join us to hear more about the services that are available to you as you transition to college, and throughout your college career.

Meet the Adaptive Technology Team

Hosted by | Georgian's Adaptive Technology Team

Wednesday, Sept. 9, 2 p.m.

Are you using adaptive technology to help you with your studies? Maybe you're considering using adaptive technology? Come meet Georgian's adaptive technologists. They will give you an overview of various software and devices that can enhance your academic skills and increase your learning efficiency. They will also provide demos and tips for using adaptive technology effectively.

TO REGISTER for any of these **SESSIONS**

Please contact Student Success at 705-722-1523 or email

StudentSuccess@GeorgianCollege.ca