

MBP Mental Health & Wellness
Committee Presents:



Learning Strategies for Grad School Success

Come to learn strategies on how to keep motivated during graduate school, as well as improve work-life balance and time management!



This workshop will discuss how graduate students can strengthen their self-efficacy through understanding the social and emotional aspects of learning and how it can impact motivation, completion and engagement in their work. The workshop will also discuss how learning strategies such as time management, setting a realistic pace for your work and study habits can help to develop structure and accountability when in a self-directed learning environment.

All students are strongly encouraged to attend! **Refreshments will be served!**

Date: Thursday, October 10th, 2019

Time: 5:00-6:00 pm

Location:

Toronto Medical Discovery Tower - MaRS
101 College Street, 4th Floor, Room 4-204



Speaker: Dr. Jasjit Sangha, Learning Strategist at the Academic Success Centre

Dr. Jasjit Sangha is an educator and author with an M.A. and PhD in Adult Education from the University of Toronto. She works with the Faculty of Applied Science and Engineering, Accessibility Services and Innis College to provide expertise on learning strategies for students, develop and facilitate workshops, and engage in program development and strategic planning. She has worked as an instructor at Ryerson, Brock, and the University of Calgary, with extensive work in areas such as adult learning, sociology and diversity.