LEARNING 101 SERIES

CONTACT US
(940) 369-7006
LearningCenter@unt.edu

LOCATION
Workshops held in Sage Hall
Academic Success Center 342
Visit Sage 170 for inquiries

INFO/SCHEDULE
learningcenter.unt.edu/
learning101

FOLLOW US
Instagram: untlearningcenter
Facebook: UNT Learning Center
Twitter: @untlearning

UNT Learning Center
SAGE HALL
ACADEMIC SUCCESS CENTER
ROOM 342

NOW LIVE-STREAMING SEVERAL TIMES EACH SEMESTER
WHAT IS THE LEARNING 101 SERIES?
This free 50-minute workshop series focuses on the practical skills needed to be effective and successful college students.

TIME MANAGEMENT
Learn how to battle procrastination and prioritize your busy day so you can meet your academic goals while balancing your work and home life!

PRESENTATION SKILLS
Putting together a professional presentation includes a lot of moving parts! Learn how to build a solid presentation from the ground up and practice skills to help manage public speaking anxiety.

TEST TAKING
Learn strategies for every kind of test and how to best prepare for the big day! Also, learn strategies to manage test anxiety and use past tests to prepare for the future.

CRITICAL THINKING SKILLS
Both in the classroom and the workforce, it's important to know how we think and why we make our decisions. In this shark-infested waters scenario, learn about metacognition and how to approach any question from a critical angle so you can master your coursework and career.

NOTE TAKING
Professors often create tests based off their class lectures! Learn how to take notes so you can get the most out of them, whether they're from class or an assigned text!

LEARNING STYLES
Everyone prefers to learn a little differently, and this session will help you identify what learning methods make the most sense for you and how to apply them in and out of the classroom utilizing the VARK model of learning styles (Visual/Aural/Read & Write/Kinesthetic).

ONLINE CLASS SUCCESS STRATEGIES
Online classes can be very different from a face-to-face course experience. Learn how to manage these challenging courses so you can take advantage of their flexibility while avoiding some of the pitfalls that students often face.

We now offer text and email reminders!
Just sign-up at learningcenter.unt.edu/reminder101.

You can also check-out live streamed sessions several times each semester!
Visit learningcenter.unt.edu/livestream to learn more.

Can't make any of these times?
Schedule a one-on-one appointment with one of our Academic Coaches!
Visit learningcenter.unt.edu/coaching to learn more and schedule an appointment.