The Study Smart series is a collection of programming that will help you adapt your learning to develop academic habits you need to get back on track, stay motivated and meet your goals. Choose your own learning adventure by attending one, some or all of the below offerings. Register at CLNx or easily register by clicking the dates below!

**Student Panels: Finding Success Through Failure:** At this facilitated panel, hear from students who have experienced setbacks and emerged wiser and stronger as a result.

- Thursday, February 11 from 1 – 2 p.m.
- Thursday, February 25 from 3 – 4 p.m.

**How Feeling like an Imposter Impacts Learning:** In this workshop, we will discuss some of the common ways that imposter syndrome can manifest in the student experience and discuss strategies that can lessen the impact of these feelings.

- Wednesday, February 10 from 2 – 3:30 p.m.

**Learning from Failure and Challenge:** Challenges and difficulty are inevitable parts of learning – but they can be tough! In this session, we’ll explore the importance of failure in how we learn and excel, and how to bolster our self-confidence against “imposter syndrome”. We will discuss strategies to bounce back from academic setbacks and create an academic action plan to meet new challenges.

- Wednesday, February 17 from 1 – 2 p.m.

**Catching Up and Recovering from Unexpected Grades:** These themed discussions are an opportunity to connect with a learning strategist and get “in the moment” support around how to move forward when you are behind or have received an unexpected grade.

- Monday, February 8 from 10 – 11 a.m.
- Monday, February 22 from 10 – 11 a.m.

**Effective Studying Techniques:** This workshop will help you identify the key differences to expect with online learning and provide evidence-informed strategies to make the most of your online learning environment.

- Wednesday, February 17 from 3 – 4 p.m.
- Tuesday, February 23 from 3 – 4 p.m.

Visit the Student Life events calendar to see these and more workshops available or connect for an individual appointment with our learning strategies and peers https://studentlife.utoronto.ca/service/learning-strategist-connections/