

Study Skills Mentoring and Workshops

What is study skills mentoring?

The Bepko Learning Center Resource Desk (UC 2006) can provide assistance for students who need help with study skills outside of workshops. Resource mentors provide help with time management, goal setting, note taking, learning styles, and memory and reading techniques. Students can visit the Resource Desk during regular hours and receive help from a resource mentor or schedule a later appointment.

What is a study skills workshop?

A study skills workshop is a collaborative presentation conducted with the goal of teaching important and essential study skills to students. Typically facilitated by resource mentors, these workshops help students improve and develop a diverse array of strategies to aid students in their academic and professional endeavors. The study skills workshops presented by Bepko Learning Center mentors are regularly scheduled throughout the semester at locations such as Ball Residence Hall on the IUPUI campus. Study skills handouts are also available at the Bepko Learning Center Resource Desk for students and the Bepko Learning Center Web site.

Study skills preparation: How is it done?

Resource mentors have prepared for study skills mentoring and workshops by reviewing chapters from Linda Wong's book *Essential Study Skills* and by taking assessment quizzes to prove their competency with each skill. After successful completion of the quizzes, they work together in teams to create interactive sessions that aim specifically at the study skills first-year students need most.

Sample Study Skill Topics

- Test-taking strategies and tips
 - Mnemonics
 - How to form a study group
 - Reading strategies
 - Note-taking strategies
 - Time management
 - Cognitive learning styles
 - Using a "To Do List"
 - Managing stress
 - Creating a study place
 - Essay exam strategies
 - Mindmaps
 - Language barriers
 - "How to Flunk a Class"
 - Creating a semester or weekly schedule
 - Multiple choice exam
 - Stress reliever for tests
 - Goal setting for studying
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