

## Preparing for a Learning Strategies Advising Appointment

### Preparing for the first LS Advising Appointment

In order for you to feel more efficient or satisfied with your school performance or experience—what would need to change? Are there academic skills to improve? Personal habits to modify? Attitudes to re-evaluate?

Before your first appointment, students can think about.....

What went well last term or year?

What academic (or personal) habits or skills held you back from being your best?

Have you run into these issues before? What helped?

Is there feedback from your profs that you need to address?

Are there patterns to your interest or motivation that you want to overcome?

Are there techniques you previously used to increase your efficiency? Could you adapt them now?

At your first appointment, you are encouraged to bring....

- the completed Study Skills and Habits Questionnaire
- relevant materials– eg. a text for help with reading, or class timetable for help designing a weekly homework or research schedule, or notes to practice summarizing methods
- an experimental frame of mind, as finding a better approach involves trying new ideas or methods