

ALS: Student Strategies

Version 5

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ACCESSIBLE LEARNING SERVICES

Feel free to explore the resources below to start integrating personalized strategies into your academic journey. If you have any questions or need additional support, your Accessibility Counsellor is always here to assist.

1. **HEALTH HABITS:** A healthy habit is any activity or behavior that can benefit your physical, mental, or emotional well-being.

- a. [Sleep hygiene](#)
- b. [Sleep habits and strategies](#)
- c. [Physical wellness](#)

2. **TIME MANAGEMENT:** Time management is the ability to plan and control how someone spends the hours in a day to effectively accomplish their goals.

- a. [Assignment Calculator](#)
- b. [Test Taking Strategies](#)
- c. [Time management, procrastination, daily/weekly/semester scheduling, integrating strategies](#)

3. **ATTITUDE:** Attitudes are the feelings individuals have about themselves and the world.

- a. [Resilience \(setting goals, overcoming problems, bouncing back\)](#)
- b. [Staying motivated in online learning](#)

4. **CONCENTRATION:** Concentration is the action or power of focusing one's attention or mental effort.

- a. [Tips to improve concentration](#)
- b. [Improve concentration](#)

5. **ACADEMIC STRESS:** Academic stress involves mental distress regarding anticipated academic challenges or failure or even the fear of the possibility of academic failure.

- a. [Tips to manage Academic stress](#)
- b. [Managing Academic Stress](#)
- c. [Stress management](#)

6. **GOAL SETTING:** Goal setting is a powerful motivator.

- a. [Setting SMART goals](#)
- b. [Setting goals](#)

7. **STUDY SKILLS:** Preparation and follow-up are two important steps in the learning process.

- a. [Study skills and strategies toolbox](#)
- b. [Study Skills tips](#)
- c. [Study strategies and test taking tips](#)

8. **COMPREHENSION/INFORMATION PROCESSING:** is perceiving, understand, grasping ideas and meaning from written or spoken language.

- a. [Tips to improve information processing when reading and listening](#)
- b. [Reading with purpose](#)

9. **EXAM PREPARATION AND WRITING** The time you dedicate to and the way you prepare for exams can very much influence your exam performance.

- a. [Overcoming test anxiety](#)
- b. [8 ways to best prepare for exams](#)
- c. [Improving exam performance](#)
- d. [Taking exams](#)
- e. [Test taking strategies](#)