

ALS: Student Strategies

Version 1

Published 7/17/2024 by Tracey Laurin Last updated 7/17/2024 5:14 PM by Tracey Laurin

Welcome to Accessible Learning Services' Student Strategies' support page.

Now that you have registered with ALS, met with an Accessibility Counsellor and completed the ALS screener(s), and discussed your personalized ALS Screener results with your assigned Accessibility Counsellor, you are invited to use the recommendations from your personalized ALS screener results to inform which resources available below you would like to further explore.

The resources below address learning strategies which work in tandem with academic accommodations to support student access.

A strategy is a plan of action used to achieve a goal.

Learning strategies are methods that help students improve their learning and academic success. They are conscious, intentional techniques that students use to adapt how they learn.

- Involves identifying what works and how it works for learners.
- Relies on neural plasticity: the more a skill is practiced, the faster the neural pathways connect and these brain areas become larger and more fully developed.

Students learn to work through a series of steps to improve in an area of deficit or to remediate a certain set of skills. Learning strategies are ways to learn information or accomplish tasks more effectively and efficiently, which has a positive effect on the success of, need for and intensity of academic accommodations.

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 and test taking strategies
- b. 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**

