

Academic Success Courses for Spring 2021

LIBA 105X-ABL: Academic Success I

MWF 1:00-1:50 PM

Location: ELS 1 (Jan 11-15), Online Synchronous (Jan 18-Feb 5)

1/11/2021-2/5/2021

1 credit

This course is designed to strengthen students' academic skills in order to create a foundation for success. Particular areas of focus will include goal-setting, time management, active reading, and other effective learning strategies.

LIBA 106X-M4BL: Academic Success II

MW 1:00-1:50

3/8/2021-5/1/2021

2 credits

This course focuses on the science of learning in order to develop evidence-based strategies for academic success. Participants will be introduced to the major research on cognition and learning, and develop an academic strategy for themselves based upon these findings. Particular areas of focus will include metacognition, mindsets, memory, multisensory learning, physical factors and cognition, and focus/attention.