

## **Seminar Series on Academic Success and Well-being**

Venue: Room 2.24

Dates: May 15-16, 2025

These interactive seminars will provide students with evidence-based strategies to enhance their learning, improve focus, manage stress, and optimize academic performance.

### **Seminar 1: Improve Studying by Tuning Attention and Motivation**

Date & Time: May 15, 1:00 PM – 2:00 PM

Objective: Help students enhance their ability to focus and sustain motivation for effective learning.

Structure:

1. Introduction (5 min) – Overview of attention and motivation in learning.
2. Understanding Attention (10 min) – The neuroscience of focus, common distractions, and strategies for maintaining concentration.
3. Boosting Motivation (15 min) – Exploring intrinsic and extrinsic motivation, goal-setting techniques, and self-regulation strategies.
4. Practical Exercises (20 min) – Guided attention-training exercise, setting SMART academic goals, and motivation-boosting techniques.
5. Q&A and Discussion (10 min) – Open floor for questions and personalized advice.

### **Seminar 2: Academic Well-being and Exam Stress Management**

Date & Time: May 15, 2:00 PM – 3:00 PM

Objective: Provide students with tools to handle academic stress, especially during exam periods.

Structure:

1. Introduction (5 min) – Recognizing the impact of stress on academic performance.
2. Understanding Stress and Anxiety (10 min) – How stress affects cognition, memory, and learning.
3. Managing Academic Pressure (15 min) – Techniques for time management, self-care, and maintaining a balanced study routine.

4. Mindfulness and Relaxation Techniques (15 min) – Guided mindfulness exercise, breathing techniques, and cognitive reframing.

5. Q&A and Open Discussion (10 min) – Addressing student concerns and practical solutions.

### **Seminar 3: Metacognition and Learning Strategies**

Date & Time: May 16, 1:00 PM – 3:00 PM, room BX A2.24

Objective: Develop students' ability to think about their own thinking and implement effective study techniques.

Structure:

1. Introduction to Metacognition (10 min) – What metacognition is and why it's essential for effective learning.

2. How We Learn: Cognitive Science Insights (15 min) – The role of memory, retrieval, and cognitive load in learning.

3. Active Learning Strategies (30 min) – Implementing self-testing, spaced repetition, elaboration, and interleaving.

4. Self-Monitoring and Self-Regulation (20 min) – Techniques for evaluating learning progress and adjusting study approaches.

5. Overcoming Learning Blocks (20 min) – Addressing procrastination, mental fatigue, and motivation dips.

6. Interactive Practice Session (15 min) – Students apply strategies to their own coursework.

7. Q&A and Wrap-up (10 min) – Open discussion and take-home study toolkit.