Course Level Objectives (they correspond to each weekly module):

1. Establish general goals to help narrow down an academic path.

2. Identify effective organizational skills for studying.

3. Identify the value and principle of time management and define strategies that work for you.

4. Identify the best conditions and processes for learning.

5. Identify tools and skills to help improve academic writing.

6. Demonstrate effective listening skills, note-taking, and how to get the most out of audio learning.

7. Evaluate strategies that will allow you to improve your memory and retention abilities and how this aids in academic learning.

8. Examine methods of test preparation, and explore strategies for coping with anxiety.

9. Identify educational diversity as well as strategies to improve personal wellness and stress management.

10. Develop preparedness for career opportunities.