**PATHWAYS TO SUCCESS**

This four-week programme will enable students to set goals, build resilience, self-confidence and create a strategy to creating success in their life.

**Thursdays: 22nd, 29th March & 05th, 12th**

**April 2018 (13:00 to 14:00)**

*Glasnevin Campus (Room AG00)*

**LEARNING TO LEARN WORKSHOPS**

This new and unique 'Learning to Learn' 4-week programme teaches you how the brain learns and helps build meta-cognitive skills - an awareness of how you think.

**Sign up to one or all workshops!**

**Plan and Motivate your Learning**

**Monday 02nd April 2018 (13:00 – 14:00)**

*Glasnevin Campus (Room AG00)*

**Take Memorable Notes and Read Effectively**

**Monday 09th April 2018 (13:00 – 14:00)**

*Glasnevin Campus (Room AG00)*

**Beat Procrastination and Keep your Brain Healthy**

**Monday 16th April 2018 (13:00 – 14:00)**

*Glasnevin Campus (Room AG00)*

**Maximise your Memory and Reflect on your Learning**

**Monday 23rd April 2018 (10.00 – 11.000am)**

*Glasnevin campus (Library)*

**EXAM SUCCESS WORKSHOPS  
Sign up to one or all workshops**!

***Revision Strategies***

**Monday 23rd April 2018 (10.00 – 13.00)**

*(Glasnevin Campus, C115)*

**Monday 16th July 2018 (10.00 – 13.00)**

*(Glasnevin Campus, TBC)*

***Motivation for Exams***

**Tuesday 24th April 2018 (10.00 – 13.00)**

*(Glasnevin Campus, C115)*

**Tuesday 17th July 2018****(10.00 – 13.00)**

*(Glasnevin Campus, TBC)*

***Managing Stress and Anxiety***

**Wednesday 25th April 2018 (10.00 – 13.00)**

*(Glasnevin Campus, C115)*

**Wednesday 18th July 2018****(10.00 – 13.00)**

*(Glasnevin Campus, TBC)*

***Exam Performance***

**Thursday 26th April 2018 (10.00 – 13.00)**

*(Glasnevin Campus, C115)*

**Thursday 19th July 2018****(10.00 – 13.00)**

*(Glasnevin Campus, TBC)*

***Practice Exam***

**Friday 27th April 2018 (10.00 – 13.00)**

*(Glasnevin Campus, C115)*

**Friday 20th July 2018****(10.00 – 13.00)**

*(Glasnevin Campus, TBC)*

**WRITING CENTRE   
(1 to 1 Writing Support)**

(Glasnevin Campus & St. Patrick’s Campus)

Don’t forget that you can visit either of the Writing Centres during any stage of the writing process: planning an assignment, writing a first draft, or revising and editing a document. Visit<http://www.dcu.ie/studentlearning/writing-centre.shtml> to book an appointment.

Or visit **Discover DCU**, our suite of online courses which contain practical tips and strategies available on LOOP



**MATHS LEARNING CENTRE**

*(Glasnevin Campus, Ground Floor, O’Reilly Library)*

The Maths Learning Centre's role is to provide free extra informal support in a welcoming environment to all undergraduate DCU students taking a mathematics module as part of their degree programme.

Visit <https://www.dcu.ie/maths/mlc/index.shtml> to see the drop-in service timetable.



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**Low Mood and Feeling the Blues**

**(Three week series)**

**Wednesdays: 21st, 28th March & 4th April 2018 (16:00 to 17:00)**

*Glasnevin Campus (Room HG18)*

**Stress and Anxiety**

**(Three week series)**

**Wednesdays: 11th, 18th & 25th April 2018 (16:00 to 17:00)**

*Glasnevin Campus (Room HG18)*

**MATHS LEARNING CENTRE**

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