

Academic Skills For University Success

The 10 skills taught in this course work together to give you a broad range of valuable tools, strategies and abilities. Improve your performance, reduce stress, and accomplish more with your time by practising these skills.

Academic Mindset

SKILL #1

Explore the thinking patterns that lead to academic success: a growth mindset, the power of passion and curiosity, and more.

Habit Formation

SKILL #2

Create powerful and lasting habits, focusing on academic success and the lifestyle choices that make you a resilient student.

Cognitive and Study Strategies

SKILL #3

Use active reading and active listening to help you absorb information and ideas, and engage your critical thinking.

SKILL #4

Master effective study strategies to achieve better results with no added time or effort.

Convincing Writing and Communication

SKILL #5

Write concisely to make your point with fewer words and give readers a more enjoyable and convincing experience.

SKILL #6

Use a powerful academic vocabulary to create the perfect tone for papers and assignments.

SKILL #7

Work with counterarguments and demonstrate the value of your topic to convince your academic audience with advanced discourse strategies.

SKILL #8

Elevate your communications with polish and professionalism to avoid common mistakes, and impress professors with your attention to detail.

Understanding Professors

SKILL #9

Create positive perceptions among your professors for potentially higher grades and mentorship opportunities, and to position yourself for strong references.

Organization

SKILL #10

Use university-specific time management techniques to help you face your busy schedule of classes, exams, papers, projects, social life – and simply keeping it together!

