

# Learning Strategies 1: Skills for Success in Secondary School (GLS101/108)



This course focuses on learning strategies to help students become better, more independent learners. Students will learn how to develop and apply literacy and numeracy skills, personal management skills, and interpersonal and teamwork skills to improve their learning and achievement in school, the workplace, and the community. The course helps students build confidence and motivation to pursue opportunities for success in secondary school and beyond.

## Learning Skills

### Understanding Learning Styles

- literacy/numeracy skills
- study skills

### Managing your Learning

- note taking
- planning

## Personal Knowledge and Management Skills

### Self Inventory

- who am I?
- goal setting

### Stress Management

- time management
- research skills

## Interpersonal Knowledge and Skills

### People Skills

- understanding diversity
- reflect on past experiences

### Effective Communication, Teamwork and Leadership

- benefits and challenges of social media