Workshop Session Agenda, Monday, September 28, 2015 – Todd Zakrajsek, UNC-Chapel Hill

**Supporting Your Students: Strategies from the Psychology of Learning**
11:30 a.m. – 1:00 p.m., including lunch starting at 12:30 p.m.
East Lounge, Dougherty
*Audience*: Staff, Division of Student Life and Tutors, Learning Support Services and Writing Center

In your work as advisor, tutor you support students in their academic and personal development and come to know how they approach their learning and put them on the path to reaching their full potential. Understanding how the human brain learns, allows us to purposefully guide students to deeper learning. In this hands-on session you will discover the role that sleep, exercise, and the senses play in learning; what makes the brain pay attention, and why mindsets toward learning matter. You will participate in strategies that you may apply directly to your work.

**Motivating and Engaging Your Students: Strategies for Teaching from the Psychology of Learning**
1:30 – 2:45 p.m.  OR  3:15 – 4:30 p.m.
Note. Repeated session offering to accommodate faculty’s teaching schedules
East Lounge, Dougherty
*Audience*: Faculty

Part of the responsibility for learning belongs to students, but as faculty, we can find new ways to motivate, inspire, and maybe even cajole students to learn. In this workshop session we will explore how faculty can make classroom learning, perhaps one of the most artificial learning settings, a meaningful experience for students. The session facilitator will use theories of learning and motivation as a basis for creating strategies to increase student engagement in course content and class sessions.

**The New Science of Learning: Study Less and Learn More**
6:00 - 7:00 p.m.
Driscoll Hall Auditorium, Room 132
*Audience*: Undergraduate Students

Where did you learn how to learn and how to study? It is an odd question, as you have been doing it for a very long time, and since you’re in college, you’re clearly pretty good at it. That said, what if the strategies you use to study are not the most effective ways to learn? This interactive session is not about spending more time studying, but rather how to study and learn better. The overall goal of this session is for you to better understand how your brain works when processing information and specific strategies you can employ to become a more effective and efficient learner.