

Academic Strategies & Support for Post-Secondary Students

Are you feeling stressed out and overwhelmed?

Do you find you are in need of specific study and test preparation skills & efficient learning habits?

Are you scattered, disorganized, and having trouble managing your time & getting things done?

You may need some coaching and guidance with the following skills:

- Executive functioning skills
- Note taking, memorization, and processing strategies
- Academic research and writing tools
- Test preparation and study habits
- Becoming an organized, sequential, and radiant thinker
- Utilizing corrective feedback to create more effective learning strategies
- Stress/anxiety management for personal best and life balance
- Dealing with a designation and self-advocacy for learning needs or exceptionalities

STEPS:

- 1 Consultation (phone call or in-person)
- 2 Program design based on your learning needs and objectives
- 3 Sessions begin



Lindsay Sealey, B.A., M.A. Ed. is an academic strategist who is passionate about positively influencing the lives of learners in school success and the process of learning. Lindsay offers both preparation and on-going post-secondary support to champion students towards academic and life success.