When to Schedule an Appointment

• Poor organization skills
• Overwhelmed by tasks
• Missed deadlines
• Difficulty focusing
• Difficulty prioritizing tasks
• Difficulty maintaining focus
• Poor notes
• Not sure how to study
• Poor test-taking skills
• Poor test grades
• Difficulty reading (speed, comprehension)
• Didn’t work hard enough in high school

What We Do

• Assistance with transition to college
• Help with organizational skills
• Time management strategies
• Tips to combat procrastination
• Active listening and study strategies
• Exam and assignment error analysis
• Assessment of study methods
• Use of supplementary resources
• Reading strategies
• Critical thinking skills
• Note-taking strategies
• Test-taking skills

Visit our website [here](http://example.com) for more information about the services offered by the Office of Academic Support and to access study skills workshops and additional information.

To make an appointment with a learning specialist email [academicsupport.wilf@yu.edu](mailto:academicsupport.wilf@yu.edu)