



One Day Compulsory Workshop on Study Skills and Learning Strategies

Date : 2nd December 2014
Venue : School Auditorium
Conducted by : Dr. Sunita Roy
Organised by : Expressions India
Attended by : Students of Class XI

A workshop conducted by- “Expressions India”- a CBSE empanelled organisation, was held at I.T.L. Public School with the aim of equipping students with various study skills and learning strategies useful in a student’s day-to-day life. The resource person for the training program for the students was Dr. Sunita Roy. While emphasising on the infinite potential and strength that each individual is born with, the students were asked students to explore, experiment and identify their unique talent. Each of the three kinds of learners- visual, auditory and kinesthetic were given useful tips on how to maximise their potential while studying and use it to their advantage. The workshop was made interactive when the students were divided into groups and given the task of setting an ideal time-table for them. The students were asked to set smart goals and achieve them by sticking to a plan and overcoming the fear of failure. Goal-setting, prioritising and balancing time between study and play were stated as the essential conditions to achieve success in any field.

The students were empowered to identify their learning styles and develop strategies and abilities which are very crucial for success through out their life.

