

# Touchpoints for every learner.

## Would you like real-time guidance or to explore at your own pace?

Our services are open to all students. Visit [uoft.me/learningsupport](https://uoft.me/learningsupport) to browse our complete event listings and explore programs you're eligible for.

In real time				At my own pace	
With a group		With one person		Resource and format	Time commitment
Event type	Time commitment	Appointment type	Time commitment		
				<b>Academic Resource Library</b> <a href="https://uoft.me/resourcelibrary">uoft.me/resourcelibrary</a> These AODA-compliant PDF handouts offer practical tips that are easy to follow.	2–4 minutes each
<b>Workshops</b> <a href="https://uoft.me/LH2L">uoft.me/LH2L</a> <a href="https://uoft.me/gradacademics">uoft.me/gradacademics</a> Learn how to learn, no matter your level of study. Browse our standalone workshops on a range of topics.	60–90 minutes	<b>Peer mentors</b> <a href="https://uoft.me/clssmentors">uoft.me/clssmentors</a> For your first appointment, try starting with a peer mentor consultation.	30 minutes	<b>Other academic resources, including subject-specific support:</b> <a href="https://uoft.me/SubjectSupport">uoft.me/SubjectSupport</a>	Varies by resource —but takes just a minute to skim.
				<b>Study Strategies Library</b> <a href="https://uoft.me/studystrategies">uoft.me/studystrategies</a> Advice on common academic challenges.	2–4 minutes each
<b>Programs</b> <a href="https://uoft.me/LW1Y">uoft.me/LW1Y</a> <a href="https://uoft.me/LW2Y">uoft.me/LW2Y</a> <a href="https://uoft.me/UT3">uoft.me/UT3</a> Some programs invite you to attend any session, while others have cohorts and ask for regular attendance. To learn more, visit the above shortcuts.	60–90 minutes per session  Some programs require a 4–6-week commitment.	<b>Learning strategist</b> <a href="https://uoft.me/learningstrategists">uoft.me/learningstrategists</a> Book an appointment (maximum of two per week).	50 minutes	<b>Study Skills library collections</b> <a href="https://uoft.me/StudySkillseBooks">uoft.me/StudySkillseBooks</a> <a href="https://utltoronto.overdrive.com/collection/1384616">utltoronto.overdrive.com/collection/1384616</a> Digital books and eBooks curated by our team in partnership with the tri-campus libraries.	3–5 days per title
		<b>Learning strategist for your College, Faculty or Program</b> <a href="https://uoft.me/learningstrategists">uoft.me/learningstrategists</a> For support specific to your field or location, appointments are also bookable through your registrar. See our website for details.	50 minutes	<b>“Five Keys to Succeed” noncredit course</b> <a href="https://uoft.me/5Keys">uoft.me/5Keys</a> Learn to manage stress, build productivity habits and study effectively.	2–4 hours
<b>Study Hubs</b> <a href="https://uoft.me/studyhubs">uoft.me/studyhubs</a> Multi-disciplinary co-working sessions facilitated by trained peers.	2 hours			<b>First Year Learning Guide:</b> <a href="https://uoft.me/firstyearlearning">uoft.me/firstyearlearning</a> Navigate your first university semester with confidence and an open mind.	5–10 minutes to read
<b>Graduate Writing Groups/ Graduate Productivity Groups</b> <a href="https://uoft.me/gwg">uoft.me/gwg</a> <a href="https://uoft.me/gpg">uoft.me/gpg</a> Multi-disciplinary co-working sessions for students in graduate and professional programs, facilitated by trained peers.	2–2.5 hours	<b>Paid support from a qualified, independent tutor listed in the University of Toronto Tutor Training (UT3) Directory</b> <a href="https://uoft.me/tutors">uoft.me/tutors</a>	Discuss with your tutor.	<b>AI &amp; Your Learning:</b> <a href="https://uoft.me/ai-learning">uoft.me/ai-learning</a> Use AI with integrity while preserving the joys (and challenges) of learning.	5–10 minutes to read