

# University of Cape Town

Residence Academic Development Committee



**PRESENTS:**

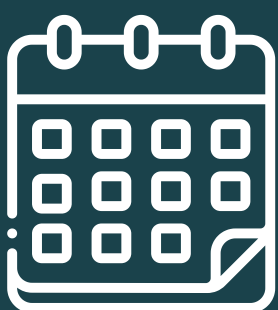
## The 2023 Webinar Series

# #1: Exam Planning: Strategies For Reading and Academic Preparation



**Presenter:  
Isabella Sinn**

UCT CENTER FOR HIGHER EDUCATION: WRITING CENTER



**Wednesday 17th May 2023  
1-2 pm  
MS TEAMS**

**Click the Link  
below to register:**

***Registration Link***





## UPCOMING WEBINAR EVENTS IN 2023:

WEBINAR #	TIME	TOPIC
Webinar 2	1-2pm	Academic and Wellness Balance: A guide to approach the Academic Semester Effectively While Maintaining Awareness of Your Mental Health and Wellness.
Webinar 3	1-2pm	Personal Leadership and Organization: Leadership Within the Residence and University Environments
Webinar 4	1-2pm	Academic Writing: Guidelines on How to Organize an Essay, Formulate Arguments, and Utilize Accurate Referencing Methods
Webinar 5	1-2pm	Finance: A Comprehensive Guide to Personal Finance Management, Including Budgeting, Saving, and Making Sound Financial Decisions.
Webinar 6	1-2pm	Academic development Part 2: Strategies for Note Taking During Lectures and Seminars, and The Advantages of Mind Mapping.
Webinar 7	1-2pm	Entrepreneurship Journeys: Developing Meaningful Skills in Entrepreneurship as a Student.
Webinar 8	1-2pm	Mental Wellness: A Discussion on The Value of Art and Music in Promoting Mental Wellness Through Creative Expression, Stress Reduction, and Emotional Management.
Webinar 9	1-2pm	Group Work: Techniques for Productive Group Work Such as Synergy, Co-operation, and dispute Resolution.
Webinar 10	1-2pm	Mental Health and Safety: A Guide to Recognizing and Resolving Psychological Stress and Where to Get Mental Health Resources and Assistance.
Webinar 11	1-2pm	Time management: Utilizing Technology and Digital Planning Resources to Effectively Prioritize Academic Work and Manage Your Personal Schedule.
Webinar 12	1-2pm	Student Life: A Discussion on How to Create and Maintain Healthy Relationships Through Effective communication, Dispute Resolution, and The Importance of Consent.
Webinar 13	1-2pm	Sustainable Practices for Daily Life: Reducing waste, Energy and Water Conservation, and The Role of Individuals in Tackling Environmental Concerns.
Webinar 14	1-2pm	Career Development: A Guide to Investigating Career Options and Alternatives, Building a Professional Network, and Preparing for Job Interviews.
Webinar 15	1-2pm	Academic Development Part 3: Preparing for Final Examinations and Stress Management at The Climax of The Academic Year.