Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

James Iverson   780-539-2850
C407   JIverson@nwpolytech.ca
Monday 1:00-2:00 PM, Thursday 2:30-3:30 or by appointment

This is an individualized program of study skills, planned and supervised study time and tutorial assistance. Components of the course include developing study skills needed for success in NWP courses, managing and prioritizing study time and working on assignments and projects with supervised tutorial assistance for select courses.

Students who meet the admission requirements for entry into NWP's Academic Upgrading are eligible to take AD 0101 Study Skills Tutorial.

Classroom instruction and lab. Use of D2L required. This course will consist of seminars, discussion, and self- study tutorials. Daily attendance is required. Each day students must fill in that day's section of the Weekly Progress Sheet. Weekly Progress Sheet and week's accomplishments section must be completed, and the completed sheet must be handed in every Friday.

Students should be able to:
• Recognize, discuss, and evaluate personal and academic qualities
• Identify and practice effective learning and study strategies
• Differentiate between positive and negative practice self-management skills (time management, priority setting and decision-making)
• Appraise individual self-management skills and identify strategies for improvement
• Discuss and analyze techniques to organize home and studying around other life/work commitments

- Recognize, practice, and use high-