

# Achieving Academic Success with the Science of Learning

Join us for a **FREE community public lecture** with award winning McMaster professor, Dr. Joe Kim, from the department of Psychology, Neuroscience and Behaviour. In this talk Dr. Kim will discuss how cognitive science can help students of all ages, from middle schoolers to adults, to develop more effective study habits and time management strategies to improve academic success.

For parents, teachers, and students of all ages

**Some of the topics covered will include:**

- Why highlighting text is actually a poor form of studying
- Why multi-tasking doesn't really work
- Why cramming provides adequate short term results but poor long term learning
- Why creating to-do lists is very beneficial
- Why exercise breaks during study sessions are important
- Why a daily planner can be a student's best friend

**Wednesday, Feb. 8, 2017 at 7 p.m.**

David Braley Health Sciences Centre, McMaster University (downtown)  
Room 2032 (Auditorium), 100 Main Street West, Hamilton, ON

**FREE** (*Please Note: recommended parking can be found in the two lots across from the building off of Bay Street for a cost of \$5/evening. Parking underground is \$15/hr*)

For more information and to register please visit:  
[alumni.mcmaster.ca/scienceoflearning](http://alumni.mcmaster.ca/scienceoflearning)  
or email [ckenned@mcmaster.ca](mailto:ckenned@mcmaster.ca)



**Dr. Joe Kim**

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