

# KEYS TO LEARNING

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**1 CREDIT COURSE: ENGR 10301**

**2 Sections Available**

**Section 20 - (CRN 10827) M 1:30 – 2:20 PM**

**Section 26 - (CRN 25063) M 2:30 – 3:20 PM**

**What do you do to study? How do you unwind from the stresses of coursework and handle the balance of class and life?**



**The truth is that most students don't know how to study and are often given incorrect advice. There are psychological aspects to being a successful learner. Sleep, exercise, nutrition, and meditation greatly affect our cognitive abilities.**

**This one credit course is for any student interested in learning more about study practices, the psychology of learning, and what makes for a brain working at peak efficiency. Learn new ways to improve your learning capabilities and become a strong lifelong learner!**