

Your Loyalist College experience includes

# Learning Transitions



## Learning Transitions can help you:

- Create a balanced, manageable work load
- Develop effective study skills to help you be successful
- Confirm your career and program goals
- Access other college services
- Examine program choices – for now and the future
- Adjust to the challenge of balancing college life, family and job demands

Learning Transitions is always your study partner

## Other helpful student success resources include:

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| • Aboriginal Resources Centre..... 1H13        | • Health Centre ..... 1H7  |
| • Academic Skills Centre ..... 3N1             | • Library – The Parrott Centre                                     |
| • Admissions ..... 2H1                         | • Peer Tutoring..... 2H1   |
| • Computer Assisted Learning Centre ..... 2H9C | • S.O.A.R. .... 2L20<br>(Student Office for Alternative Resources) |
| • Employment/Career Services ..... 1H16        | • Options for Success: See Student Manual and Guide                |
| • Financial Assistance ..... 2H1               |  |

Your faculty and program co-ordinator are always there to help.

Professional counselling services are available to all students at no cost through the Student Services Office 1H16 ext. 2244

- Individual or group counselling
- Advice and help in dealing with a crisis
- Access to Loyalist College Food Bank
- Learning skills and test taking tools
- Educational, career and personal concerns
- College and community referrals
- Help with depression and anxiety
- Time management

## LEARNING TRANSITIONS Room 1H6A

Hours: Monday–Friday 10:00 am–4:00 pm  
Drop in or call 969-1913, ext. 2105 for an appointment  
E-mail: [learning@loyalistc.on.ca](mailto:learning@loyalistc.on.ca)  
Mary Jane Green or David Beer

