

Personal Support counsellor gives lectures at 18.15 on following Mondays: 17th October, 14th November and 12th December, lecture hall of Surgery (B. Plósz)

The presentation titled *Learning techniques and challenges of learning* introduces different approaches to effective studying in medical school. This environment is known about its extremely high volume of materials which must be synthesized at a rapid pace. We will touch on where studying begins {attitude, new routines etc.} along with questions such as how to improve personal time management or deal with difficulties, specifically procrastination. Power Point slides of the presentation will be available to all students after the lecture via student coordinators.