



## Alearnia Short Course Plan

### Study Skills

**Duration**

For each level, 3 months of online sessions (3 online sessions per month in the first two months, 2 online sessions in the third month, 2 hours each), and a complementary 3-hour physical hands-on workshop in the third month in TRX Kuala Lumpur

**Level 1: Foundation**

Duration: 3 months

Study skills: time management, goal setting, active learning

8 online sessions

1 assessment during the 8<sup>th</sup> online session

**Level 2: Proficient**

Duration: 3 months

Study skills: note-taking, reading comprehension, memory techniques

8 online sessions

1 assessment during the 8<sup>th</sup> online session

**Level 3: Virtuoso**

Duration: 3 months

Study skills: test preparation, health and well-being, technology utilization

8 online sessions

1 assessment during the 8<sup>th</sup> online session