



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Strategies for Effective Learning

During this event, you will learn why learning is an important topic for any student striving for academic and overall life success. This lecture will introduce some useful strategies based on the scientific findings on how our brain works when we study and try to remember new material. The lecturer will also speak about daydreaming, procrastination and how to tackle it.

Lector: **Mgr. Barbora Kvapilová**

Date: April 12, from 2 PM to 4 PM

Place: Room 1.04, Vodární 6, Olomouc

Capacity: 30 persons

Registration: under the QR code or on the Welcome Office website

www.upol.cz/welcome-office

