

Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

STUDY SMART

EXAM PREP BOOTCAMP

In this 90 minute workshop led by Dr. Rylee Oram, high school students will be exposed to practical strategies for studying and preparing for exams.

Participants will learn how to study effectively, manage their time, and make a plan for success. Topics will include tools for reviewing materials, making study notes, and navigating road bumps. Participants will also be supported with creating an individual study plan. Handouts will be provided and Dr. Oram is available for individual follow up sessions.

WHO

GRADE 10-12 STUDENTS WITH AND WITHOUT
LEARNING EXCEPTIONALITIES

WHEN

THURSDAY, JUNE 6TH, 2024
6PM-7:30PM

WHERE

111 SHERWOOD DRIVE,
OTTAWA

COST

\$112.50 BY E-TRANSFER
OR CREDIT CARD

SIGN UP

SPOTS ARE LIMITED
ADMIN@DRJULIARYAN.CA



Dr. Rylee Oram, Ph.D. is an Educational and Learning Specialist working under the supervision of Dr. Julia Ryan (C. Psych)