

Regulation of Social and Physical Environment
How to Learn from Lectures and Textbooks
The Role of Emotion and Affect in Learning
Strategies for Combating Procrastination
Self-Regulation by Way of Goal Setting
Metacognition and Self-Regulation
Preparing For and Taking Exams
Learning, Memory and Mindsets
Information Processing Theory
Equity and Access in Education
Cultural and Linguistic Diversity
Time Management Strategies
Social Cognitive Factors

VIDEO TUTORIALS

online guides to boost learning experience

Helpful Brochures
Self-Care | Goal Setting
Writing Tips | Note-Taking
Calendars | Time Management
Reading Tips | Test Taking Tips

DOWNLOADABLE RESOURCES

takeaways you can print out for your own use

Developing Effective Communication Skills
Effective Reading Strategies:
Read Smarter, Not Harder
How to Keep a Planner
Life Hacks: Prioritizing for Personal Productivity
Managing Time Effectively
Note-Making for Trojans
Perfectionism: What is So Bad About Being So Good?
Reading Comprehension: Self-Testing After Reading a Chapter
Say Goodbye to Text Anxiety
Self-Care and ADHD
Sleep 101: Getting Your ZZZ's
Test Anxiety Strategies
Unlocking Your Power: Mindfulness and Positive Thinking

ON-DEMAND WORKSHOPS

useful hacks for acing the Trojan life

Mind Mapping | Note-Taking
Scheduling and Organization
Productivity | Self-Care
Reading and Vocabulary
Educational

APPS HELPFUL FOR LEARNING

download what you need for on-the-go use

What's the science behind a student's academic skills?

Are there any easily accessible materials I can use on my own?

Are there any user-friendly apps I can use for studying?

Are there any quick school tips that I can access?

Virtual Learning Laboratory

ADDITIONAL RESOURCES

practical strategies to become an expert learner

Is there a list of other centers on-campus that I can reach out to?

How can I learn more about becoming an expert learner?

USC Counseling Center
Disability Services and Programs
Dornsife Math Center
Dornsife Supplemental Instruction
Dornsife Writing Center
The Language Center
Lifestyle Redesign
Marshall Peer Tutoring
Undergraduate Education
Tutoring Services
Viterbi Academic Resource Center
Academic Counseling Services
Wellness Campus Map
Crisis Text Hotline

CAMPUS RESOURCES

resources outside the Center that are open to students

THE TROJAN'S GUIDE TO TOOLS AND RESOURCES

The Kortschak Center's

to get started, go to

kortschakcenter.usc.edu

and click on [Tools and Resources](#)

WANT TO KNOW MORE ABOUT US?

Visit us at:

Kortschak Center for Learning and Creativity

3601 Trousdale Parkway

Student Union, Suite 311

Los Angeles, California 90089-0191

E-mail us at: kortschakcenter@usc.edu

Call us at: (213) 740-7884