

*This course will satisfy the Social and Behavioral Science  
Mason Core Requirement*

**EDEP 110:**

# Academic Success Through Self-Regulated Learning

## Course Description

EDEP 110 focuses on self-regulation theory to help students develop skills and practice evidence-based strategies for academic success, such as time management, distributed practice for exam preparation, or regulation when working with others.

### Learn How to . . .

- ✓ Study effectively
- ✓ Work in teams
- ✓ Reach your goals

## Course Details

**Summer 2023:** 06/26– 07/29

Tuesdays/Thursdays | 8:00am – 12:30pm (Hybrid)

**Fall 2023:** 08/21 – 12/13

Mondays/Wednesdays | 10:30am – 11:45am (Hybrid)

Learn more about the course here:  
[cehd.gmu.edu/courses/EDEP-110](https://cehd.gmu.edu/courses/EDEP-110) and  
contact Dr. Alexandra Patzak with questions  
at [apatzak@gmu.edu](mailto:apatzak@gmu.edu).

