







#### 4. Conclusion

The inference that the Expert Learners Seminar Series had a strongly significant effect on the LASSI scores of participants and, by extension, on the students' improved will and skill and knowledge to adjust to the complicated academic terrain of university study, must be taken in the context of the small number of participants. Nevertheless, the results for this pilot study are encouraging.

The results study provides solid justification not just for repeating the series, but for expanding it over the coming years so that it is available to any new, first-year undergraduate student. In doing so, an ever-larger number of students should be able to more quickly adapt to university learning and studying. Such preparation is likely to make the best use not just of the students own personal and material resources but those material resources of the university as well, since students would be better prepared to make the most of what their university has to offer by taking the Expert Learner Seminar Series.

#### 5. References

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