

SKILLS DEVELOPMENT ASSIGNMENTS FOR STUDY TECHNIQUES

Study Techniques: An Introduction for Students Part I

The following assignments are required for all Study Techniques Students:

- Learning and the Brain** – This topic will help you to understand how your brain learns.
- Locus of Control** – This topic will help you to understand how your locus of control is the foundation for your overall success in college as well as in life.

The following assignments are all elective. After reviewing all of the topics, check off three that most interest you:

- Self-Motivation** – This topic helps you figure out how to be motivated.
- Comprehension** – This topic helps you to better understand what you are reading.
- Goal Setting and Personal Values** – This topic will help you to figure out what is important to you and how to set effective goals to accomplish what is important to you.
- Memory** – This topic will help you to improve your ability to remember concepts.
- Note-Taking: Option A** – This topic will explain the process of how to take effective notes.
- Note-Taking: Option B** – This topic will have you research and review the most common note-taking methods available.
- The Research Process** – This topic will help you to prepare for writing a research paper.
- Stress Management** – This topic will help you to learn effective techniques for managing your stress.
- Test Preparation/Test Anxiety** – This topic will help you to prepare for taking a test and for reducing your stress the day of the test.
- Time Management** – This topic will help you to learn effective techniques for managing your time.
- Critical Thinking** – This topic will help you to understand the meaning of critical thinking and how to apply critical thinking skills in your college life.
- Understanding College Expectations** – This topic will help you to understand the academic expectations of your professors and how to use this information to be a more effective student.
- Academic Planning: Majors and Careers** – This topic will help you to understand more about academic planning, choosing a major, and choosing a career.
- Multiple Intelligences and Active Learning** – This topic will help you learn what multiple intelligences are and how to use them to study more effectively.
- Studying Habits and Brain Research** – This topic will help you to learn about the latest brain research on how to study effectively and how to apply it to your life.