

Learning Style: Self-Assessment

Instructions:

Answer the questions below and submit your answers through Blackboard.

STEP 1: EVALUATE YOUR STUDY HABITS

1. Describe your current methods of study. How do you study for each class?

1. What specific techniques do you use in class?

Specific techniques that I use in class are listening intently, taking notes based on the information presented on the slides, and writing side-notes. Listening intently is important because you could miss critical information that isn't presented and your professors may hint at the concepts that will be on a certain exam. Taking notes on the slides help retain the facts because I write them by hand. I'm more likely to forget the information if I type them on my laptop, so writing in physically helps me way more. During class, I also write side-notes. It's helpful to do this because sometimes I write details out in a way I can understand or put question marks to indicate if I need clarification on a subject.

2. What specific techniques do you use outside of class?

Specific techniques that I use outside of class are rereading texts, looking over the notes I took in class, and highlighting what I need to focus on. Rereading texts allows me to grasp concepts that I didn't previously. Reviewing the notes I took in class gives more insider information because I write notes to myself that help me understand the material better. Highlighting words makes them pop out, which helps me remember the things I need to remember. It's easier when words are highlighted because they can also help me indicate what I need to go back to. All of these techniques are very useful.

2. Identify one class in which you are doing well (not HLTH 101). What study methods work best and why?

One class I am doing well in is CHEM 105. Study methods that work best for me are reading the notes I took in class, reevaluating the process of how I solved homework problems, and doing practice problems. Reading my notes allows me to refresh my brain on the concept at hand. Reevaluating the way I solved homework problems lets me review the steps I need to take in order to do other problems. Doing practice problems other than the ones assigned allows me to see what I am able to do easily and what I need to work more on. All of these study methods work best for me as they prepare me not only for my homework assignments but also for exams.

STEP 2: IDENTIFY AND APPLY NEW LEARNING TECHNIQUES

3. Identify one class where you are experiencing challenges and address the following questions.

Planning	Monitoring	Evaluating
<ul style="list-style-type: none">• What strategies will I use to study (e.g., study groups, problem sets, evaluating text figures, challenging myself with practice quizzes and/or going to office hours and review sessions)?• How much time do I plan on studying? Over what period of time and for how long each time I sit down do I need to study?• Which aspects of the course material should I spend more or less time on, based on my current understanding?	<ul style="list-style-type: none">• To what extent am I being systematic in my studying of all the material for the exam?• To what extent am I taking advantage of all the learning supports available to me?• Am I struggling with my motivation to study? If so, do I remember why I am taking this course?• Which of my confusions have I clarified? How was I able to get them clarified?• Which confusions remain and how am I going to get them clarified?	<ul style="list-style-type: none">• What about my exam preparation worked well that I should remember to do next time?• What did not work so well that I should not do next time or that I should change?• What questions did I not answer correctly? Why? How did my answer compare with the suggested correct answer? What confusions do I have that I still need to clarify?

Image retrieved from: <https://cft.vanderbilt.edu/2013/01/thinking-about-metacognition/>

Planning

Planning studying enables me to make a schedule with consideration of how much time I need to study for each class as well as when I should study. One class where I am experiencing challenges is history. Strategies I will use to study are study groups and review sessions. Both would be very effective because I would be able to have my questions be answered. I plan on studying for at least three hours for the minimum of two days a week. Based on my current understanding, I should spend more time on the acts made by Parliament and the resolutions of states, specifically in chapter six. I notice that I need to spend more time on these aspects because I was not able to decipher any of their names from the top of my head. Overall, making a study plan is beneficial to me because it makes me feel better knowing how much time I spend studying, and it makes my review efficiently.

Monitoring

Monitoring studying is important because it allows me to know how much I know and what I am confused about. I am systematic in my studying of all of the material for the exam as I study each concept chronologically. I start with the first day of notes and eventually end up on the last day of notes. This allows me to review everything as well as point out the concepts that I need to look back at. I have not taken advantage of any of the learning supports; however, I know that I can go to people, such as tutors, academic skills advisors, and study skills specialists. Although I feel as if I do not need them as of now, if I feel the need to get help, I will do so. I am not struggling with my motivation to study because I am always determined to understand the information in order to get a good grade. With my hard-working personality, I am able to motivate myself. There were some concepts I was confused about, and for other concepts, I wanted clarification and more detail. For example, something I was confused about pertained to the divisions over slavery expansion and how it led to the Civil War. Concepts I

wanted clarification on and more detail about were the Alien and Sedition Acts, and the Virginia and Kentucky Resolutions. I was able to get rid of my confusion and get them clarified by doing a discussion assignment in which I got feedback from my professor. She listed which chapters each concept was in, so I went back to look at the textbook and the slideshows to grasp the information better. Since the information I was confused about was clarified, I do not have any remaining confusions. However, if I did have confusions that remained, I could go to my peers, my professor, and even learning supports for assistance.

Evaluating

My exam preparation went well because I reviewed the study guide, slideshows, and textbook. Next time, I shouldn't wait until after my professor presents the last set of slides to do my study guide. Doing all of the key terms took a lot of time, and they helped with answering the essay questions. Therefore, I should work on the study guide throughout the weeks before the exam. I do not know what questions I answered incorrectly because I have not received my grade yet.

4. Review at least 5 academic tips/resources listed here:
<https://www.odu.edu/success/academic/tips> What is one new technique you could try in class to help you better understand the material?

One technique I could try in class to help better understand the material is to distinguish the main points, elaboration, and examples. As my professor is teaching, I have trouble organizing information, including the information on the slides, the words she says that are not on the slides, and the notes I take for myself. Distinguishing all of these would allow me to get better at note taking because it would be easier for me to read my notes in a more organized way. Being able to separate what my professor specifically says and what I write for myself can help me with learning the material because my side-notes allow me to interpret the information better. With the main points, elaboration, and examples distinguished, I would be able to study more smoothly.

5. What is one new technique you could try outside of class to help you better understand the material?

One technique I could try outside of class to help better understand the material is to read critically. This would help me interpret information in a more deeper and complex manner. Instead of just looking at what the reading says, I would be able to connect the information to the overall concept. Reading critically constantly would also assist me on exams. For example, if a question were to ask me about a certain point in history, I would be better at connecting that point in time to the information I read previously before the exam and be able to answer the question in a broader way. Therefore, reading critically would not only help me understand the material outside of class, but it would also help me on exams as it allows me to grasp the material fully rather than each and every single concept separately.

Rubric

Criteria	Excellent (47-50 points)	Sufficient (42-46.99 points)	Minimal (37-41.99 points)	Unacceptable (0-36.99 points)
Inclusions of requested information	Includes all requested information. Includes appropriate information written in paragraph style provides great information.	Includes all requested information. Provides some detail.	Includes all requested information but minimally described.	Does not include all information. Requested information not provided or is minimally written.
Writing quality of assignments	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.