

For all of my classes I study in the library or in the common room of my dorm. I study for English by reading the textbook which I also do with sociology. In sociology, English, and chem the PowerPoints are provided online so I look over those as well as my notes. In history the PowerPoints are also provided but don't have a lot of information on them, so I rely on my notes and the textbook. Specific techniques I use include studying in an appropriate setting at an appropriate time and chewing the same flavor gum as in class to help my memory.

I am doing well in English and I study for it by reviewing the notes and PowerPoints and carefully following directions and techniques for writing my papers. I study best when there is not a lot of distractions.

I am struggling most in Health 101 at the moment because I completely forgot about this assignment. I need to pay more attention to deadlines as this also happened to me in my history class, an outline was due that I was unaware of. From now on I am going to take school a lot more seriously so that I never miss an assignment and I am going to follow all directions and put a lot more effort into studying. I will challenge myself with practice questions and also reach out to my teachers for help during office hours. I need to spend a lot more time studying, at the very least 10 hours per week. I should spend more time on the main ideas of the course material and concepts that I struggle with.

I need to be a lot more systematic in my studying habits, by actually learning specific techniques and executing them multiple times throughout my days/weeks. I am not doing a good job taking advantage of studying and help resources, but I am going to get chem tutoring after break. My motivation to study is not there as much as I'd like it to be, I feel like I am prioritizing time with friends and the gym over my studying and I need to make school a number one priority before it is too late.

Preparing for exams by creating a detailed study guide is my best option so far that has worked well. Although an open note test, I created a detailed study guide for my sociology midterm, granted he provided us with the topics, but I answered them and studied what I created. However, on the quiz before that I did not do so well because I simply did not study or fill out the study guide. I looked over some of the PowerPoints but did not take it seriously and I got a C. I am not happy with this, and I need to as I have said before, take school a lot more seriously.

To help me with note taking in class, I learned from the ODU academic success tips to follow the 5 Rs. To follow the 5 Rs you record, reduce, recite, reflect and review your notes. This will help me to take notes that are meaningful and helpful and help me to remember them and absorb the information. For outside of class I learned from the website to time manage more efficiently. Practice saying no to friends that want to do things when I should be studying. I also need to always go to class and be prepared for class. I need to work a lot on my time management so that I get everything done such as studying and homework and still have time to be well rested for the next day and make it to all my classes always. Eating a good breakfast is also something I am going to start doing because it will give me the energy to have a productive and successful day.