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### Learning Self-Assessment

My study techniques vary for every class. In my Pre-Calculus class, I take notes in class using notebook, write down problems that the teacher puts on the board, practice problems on my own, do the online homework questions right after class or later that day. Prior to biology class I read the textbook chapter that corresponds with the class lecture for the day. During class, I take handwritten notes in my notebook about the concepts that the professor is talking about. Later that day I will go back and highlight the important information and read the textbook about any concepts that I am still unsure about. For the lab portion of this class, I print out the lab and bring it to class. I will read the prelab portion of the lab to familiarize myself on what we will be doing in class. Outside of this class, I will read over the lab that we did in class and ask myself why we did what we did to remember the material and apply it. For chemistry lecture, I attend class and take notes in my notebook and try to retain all the information I can during class but usually there is too much information to retain. Later that day, outside of class, I will open up her lecture PowerPoint and make some flashcards or write down the material in my notebook to help me remember the information I could not pull from memory. For chemistry lab, I make sure to read the prelab in our lab notebook to learn any new terms, then complete the prelab quiz given to us on blackboard to help remember the terms. During lab, I will quickly refamiliarize with the new terms, then start to carryout the lab. Before each sociology class I read the chapter of the textbook that we will be talking about in class and then complete the corresponding optional homework questions to further my understanding of what I just read. During class I will pay attention and write any notes in my notebook about the concepts the professor is discussing that I forgot about or was confused about from the textbook reading done before lecture. After class, I will go over the notes I took during class to make sure I am comfortable with the material. To prepare for every Health 101 class, I make sure to check the schedule to see if class is in a different location than normal and to see what the topic is for that day. During class, I pay attention and participate in what is being taught. Outside of class I will think about what was taught and complete any homework assignments if given any.

I am doing well in Sociology and Biology because for both classes I make sure to have a preexisting understanding of the concepts that will be taught during class. This will allow me to apply the knowledge in class which will increase my comprehension. If I do not learn the information for the first time during class, then I will not be stuck trying to learn the basic vocabulary and basic concepts but be able to draw connections between pieces of information. I also reread my notes after all my classes which helps with the recall of information

I am having trouble with my math class. I am taking Pre-Calculus and currently I am taking notes during class, going over my notes after class, and completing the assigned

homework questions. To better my performance in this class I will form a study group and complete more practice problems to help with my understanding of some key concepts that I am overlooking. I will increase my study time for this class from 3 hours a week to 4 hours a week. Before the last test I focused more on how to complete the practice problems that were given, rather than understanding the concepts of why things are done the way they are so I will focus on that aspect more in the units to come. I am completing all the homework practice problems to take advantage of materials available to me. I will start watching the videos the professor posts on blackboard about the math concepts he is teaching to further my comprehension. If I am still struggling even after increasing my study time and implementing these new methods, then I will attend peer tutoring. I am not struggling in my motivation to study for this course because I find the material enjoyable, but I need to slow down when doing practice problems to not make any careless errors. If I am confused about course material in this class, I will ask the professor or attend peer tutoring to ask the peer tutor. I currently do not have any confusions about my plan for this class but if I do, I will ask my professor or my advisor. In preparation for the next math test I will study more of the concepts of how to solve the given example problems rather than just memorizing how to solve these problems because some questions on the test were different than the practice problems. When I am presented with a tricky problem in the future, I can apply the concepts rather than being discouraged and stuck because I only studied how to solve certain problems. I will try these new study methods for the next test then reevaluate if this is a good strategy or if I need to revise my plan.

Academic resources can be effective ways to improve understanding in someone's courses. Reviewing the handouts that are considered "CORE Resources" can help me strengthen my foundation when I am feeling weak. There are handouts about motivation, setting goals, and time management that can all make studying less of a daunting and miserable task. The handout about study groups can help me study with peers outside of class so that I can have a better understanding of the material to build on during class. There is a resource about learning strategies so that I can know how I learn most effectively. Even if the professor does not teach the way I learn the best, I can still study in the best way possible for me. There are also numerous handouts for different studying strategies, these could help give me different ideas since I will be studying more often for my math class. If studying is more of an enjoyable process, then I will have more motivation which will increase my understanding of course material. Different testing strategies are also provided which will help me because when I take a test, I instantly panic. These will help me to decrease my anxiety so I can focus and get the best grade possible on a test.

One new technique that could help me outside of class is a study technique where I would teach the course material to my peers. I taught a couple of my peers in my chemistry lecture how to do electron configurations it helped them to understand and helped me to remember the concept. I found this scenario to be very effective so I would like to try this study technique again. Currently, a big part of chemistry is memorizing polyatomic ions so if I try to teach my peers these ions then I can start to draw connections between them which will help my comprehension. In sociology, teaching my peers different concepts being taught this class will help because this class involves less memorization and more drawing connections between

concepts. These two classes are just examples of specific scenarios but this technique could be used throughout all my classes.