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Learning Self-Assessment

HLTH 101

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STEP 1:

1. The way I study for each class varies on mainly the subject itself and if it is a strength or weakness of mine. When it comes to math classes, I study by simply practicing the formulas with different problems, over and over, until I get it. For History classes or anything like sociology and psychology, my best way to study begins with the way I take notes for these subjects. Rereading the material-PowerPoints, lectures, and reviewing my notes. Making my own study guides via Quizlet or with flashcards to help practice what I do not know or even practice what I think I know. When note taking, I keep it super simple, trying to not put too many words per paper, so that it is not overwhelming when I go back to review. I write everything in black pen with colored highlighters/markers because it helps me focus better for some reason. Depending on the class, seems to affect the best way I learn. For science, it is very visual and hands-on. In high school, I took an intro to A & P class, and to help me study I made my own paper skeleton; in order to, study the bones and muscles. Making it alone was extremely helpful, but going back to label and seeing it, really taught me to understand it.
2. I am not doing too well in my interpreting the American Past class. Not necessarily grade wise because oddly enough I am a great writer, so I do very well on the paper, but I cannot seem to retain the material. My professor's lectures are extremely boring, and she talks forever on one PowerPoint slide with three sentences on it. My learning style is more visual than audio, so it is hard for me to sit still and learn/retain anything from her voice. So, I am trying different things to help me. First, I listen to the lectures while I am showering or driving or cooking because for some reason if I am not just sitting down staring at a screen, I can understand the material, so much more. Second, I take separate notes; some from the lecture and some from the assigned textbook reading. It helps me when I am studying because going over both notes helps ensure I do not miss any material and sometimes questions from the lecture are answered in the textbook notes I took.

STEP 2:

3.

Planning

- Join a study group because my strengths could be another classmate's weakness and my weakness their strength
- Studying different quizlets made by different classmates or other students taking the class that they have posted

- Joining office hours to ask any questions that I have or fill any gaps of info that I have in my mind
- I usually study like an hour or two, but since my class is about 90 minutes, I should probably study about 3 hours and overview my notes throughout the week.
- I need to spend more time studying the date of the specific important events

Monitoring

- ✓ Accumulative study; reviewing things from all the lessons throughout the week even if we are on lesson #16, just to make sure I don't forget the material if I am constantly review small snip bits, then I won't have to cram study Lessons 1-16 for the exam
- ✓ Staying connected with classmates and attending study groups
- ✓ I do struggle with my motivation to study especially since it is not a subject that really interests me, but I think about my end goals and how this class is a stepping stone. Also, how important this grade or the one assignment can affect my gpa, which overall affects my chances of getting into the Nursing school.
- ✓ Honestly, the biggest confusion far was writing this paper that we got assigned the first week of school. It was kind of an analysis of 8 primary sources and I had to use those sources and only those sources to answer this question related to the material that is being taught/discussed in class. It was extremely difficult for me to even figure out what to write about because since I was so confused on what we were even learning in class, I could not even connect or think of anything for the paper. What was even more frustrating is that first we had it for a couple weeks and then she even extended the due date, but I still could not get it done. I would sit down and would just go blank. So, I started to relisten to lectures and take more notes. I began to analyze the sources and even if they made no sense to me on how they connected with the topic, I figured out how they would make sense. I turned to my high school history teacher for advice, to help get the juices flowing and he helped break it down for me and after asking my professor a couple questions for clarification, I was able to sit down and complete the paper on time. It has yet to be graded, but I feel confident about my work and I was proud of myself that I was able to accomplish a six-page paper.
- ✓ I currently do not have any confusions and I am striving to not have any for at least a couple weeks as long as I keep applying myself and continue to practice good study habits.

Evaluating

- o I have yet to take an exam for HIS104H, but I have taken a few quizzes. In preparation for my quizzes, I went back over the notes and the textbook reading and I think that helped me the most because there is so much information in the textbook that can slip by, but rereading it helps to refresh it right in time for the quiz.
- o What did not work was trying to use my notes, because she said the only thing allowed was our notes that we took from the lectures and textbook, but oddly enough it was such a time waster. I would try to flip through my notes looking for an answer which took so much time rather than just thinking about the answers.

- o I got most of the answers with events on specific events with specific people incorrect. Whether it was the dates that I mixed up or the different names, but either way I struggle with those types of questions sometimes. I would confuse it with another name that I thought would make more sense or that I was just consciously more familiar with because I have already learned about that event or person various times.
- 4. I think for me I would try the “online learning strategies” because I feel like it’s just hard for me to adjust to first the completely online class and also the online lecturing. As the time goes I am adapting, but the little tips of “Preparing to be an Online Learner” and “Know Yourself and Online Learning” will probably be a great help moving forward; something that I wish I would have seen to begin with. Now that we are in week six, I am finding my groove and what works for me in each class.
- 5. I had to pick two because both the writing resources would have been so useful if I would have taken advantage of it for this past paper, so I regret that and I will be sure to utilize it next time. The second one is the “Stress Management” from CORE Resources because these past couple weeks stress was hitting me like an 18-wheeler truck. I was so stressed and overwhelmed that my anxiety was getting so bad and my hair even started to fall out (I have a literal bald spot now), so those pdfs are something that I will definitely have to revisit because stress is just not healthy.