

Learning Style Assessment

When you have a good set of study habits you will feel confident about an upcoming test. I have three study habits that work well for me. The first habit that helps me out a lot is listening to soft music. When I listen to music it helps me focus more on the task at hand. Studying can be boring, but when you spice it up with some sweet tunes it makes studying more interesting. My second habit is getting rid of all my distractions. My phone will be the first thing I get rid of when I am studying. It distracts me the most because I have so much entertainment on my phone that can get me sidetrack. The next thing I will do is turn my T.V off and unplug it. I must do this because I have so many episodes that I have not seen yet, and it will tempt me to turn it on and watch them. The last thing I will do is tell my friends not to bother me for a few hours so I can study. My friends always want to go places with me and come in my room to talk. My last habit is getting a lot of rest before a test. If I only get a couple hours of sleep before a test I will not be focused and most likely fail it. I have bad anxiety, so these study habits reduce my stress about deadlines and tests.

Having different study methods for each class works well for me. I have six classes and they all range from easy to extremely hard. The class that is the most challenging for me is chemistry introduction. For chemistry introduction and chemistry lab I mainly take notes on lectures my professors post on blackboard. The next class that is a little hard for me is history, in this class I take notes on zoom when my teacher is teaching the class. I also make index cards to study on the topics that he discussed. For sociology I study by having my friends quiz me. My last class that is the easiest for me and my favorite is English. I do not really have to study for this class, but if I did, I would use this website called quizlet to study. This website has helped me pass many quizzes and tests in the past. As you can see, I have different study resources for all my classes. For the most part they are all working well for me.

When you find a study technique that works well for you utilize it to the best of your abilities. Most people have trouble finding study techniques because they have lack of interest in the class or they just cannot concentrate. My study techniques are staying organized and trying not to overstudy. When I get organized in my classes I get a calendar and write out when my tests and quizzes are. I also get a to do list and write my homework assignments and upcoming tasks I need to do. I try not to overstudy because that could be harmful in the long run. When you do this, you are cramming too much information in your brain and that can make school even more stressful. It can also make it hard to withhold new information, because you are still trying to comprehend the first lesson your teacher taught. A technique I use outside of class is asking other students for help. If I do not understand a topic in class, I will ask other students for help and to study with me. It is good to retain study techniques, so you do not feel overwhelmed in and outside of class.

I feel as if all students have a class in which they really enjoy going to and have a good grade in. The class that I am doing outstanding in is English. My teacher is very helpful in this class and responds to all my emails when I am having trouble. He also spaces out homework assignments and only uploads them twice a week. My other teachers on the other hand upload homework assignments more than

twice a week. In this class we mainly do writing assignments and write short essays about articles. My professor has not given us any quizzes or tests yet this semester. By that being said I do not need to study for this class, so I have not picked up any study methods yet. My professor also gives me tips on how to get better at my writing. I wish all my professors were as kind as my English one and responded to my emails with urgency.

When a student has a challenging class, they should use as many resources as possible to get a better understanding of the class. My most challenging class at this moment is chemistry. There are many resources I have taken advantage of in this class, the two main ones are the library and my tutor. There are three strategies I can use to help me get better with in this class. I can get in a study group, go to office hours, and do practice quizzes. I plan to study two to three hours a day. I do not want to study for too long on one subject, because I have many other classes to study for. I feel as if I study best in the morning time after I eat a good breakfast. In a normal day I would study two to three times if I do not have anything else planned. The hardest topics about this course for me are compounds and math related problems. The part I can understand about chemistry is the periodic table and density. I know this material inside and out. When I study, I make sure to study all the coursework, so I can prepare for the upcoming exam. I make sure to space out my studying of course. I am taking full advantage of learning supports accessible to me. Many of my teachers do office hours on zoom for students who are struggling in the class. I try to get on office hours as much as I can. I am not struggling with studying in this course, I just have trouble comprehending some of the coursework. My main confusion in the past was the homework and prelab assignments she uploaded. I got clarification about this from my peers and study groups. The only confusion that remains is the chapter worksheet, but I can get that clarified by my tutor. When I was preparing for my chemistry exam that was a stressful time. I studied every morning and night trying not to cram too much information in my head. Something I should not do in the future is study for another class while I am studying for a big exam. I had a quiz to do in one of my classes, so I tried to add those notes in with my exam notes and it did not work out well. The question that I did not answer correctly were math related questions, as in questions I had to work out on a separate sheet of paper. I have never been good at math, so that is why I was having trouble with those kinds of questions. My answers did not compare with the correct answer at all mainly because I was guessing. The only confusion I need clarified at this moment are the math related problems. Chemistry for many of my family members is easy, I wish I could grasp the information as well as they did.

The five academic tips and resources that stood out to me were manage your time, organization, study effectively, use available resources, and stay engaged and communicate often. Time management is a good tip because it helps you space out tasks from important to low priority. Organization is a good one as well because it helps you to balance multiple tasks thoroughly. The next one is using available resources. There are many resources online that can help me out. The technique I am going to use in class is staying engaged and communicating often. Advisors are always there to help students, so I can make an appointment with them as soon as I can. I can communicate by emailing teachers if I do not understand something. A technique I can use outside of class to help me understand the material is test taking strategies. I can summarize my notes, examine how I did on similar tests in the past, stay relaxed, and review the rest of the material. I would love to have a meeting with an honor student who gets all A's in their classes and ask them about their study skills.