

1. Describe your current methods of study. How do you study for each class?
 - In all of the classes except Chemistry lab & Health Professions, I write notes in class
 - The techniques I use outside of class time are listed below:
 - i. Intro to Chemistry- look over the lecture and my written notes
 - ii. Chemistry Lab- I really don't study, I just look over the labs before I get in class
 - iii. Sociology- I do the connect assignments that are assigned as extra credit to help you study
 - iv. Psychology- look over the lecture and my written notes
 - v. Health Professions- In this class there isn't really anything to study
 - vi. Elementary Statistics- I just look over the notes, example problems, and lecture continuously
2. One of the classes that I am doing well in is psychology, looking over my written notes works best for me because they are color coded. I am the type of person that needs colors in order to focus or remember, they are really helpful and more beneficial than just writing in pencil.
3. At the moment, the class that I am experiencing challenges in is Elementary Statistics
 - **Planning**
 - i. There are multiple strategies that I will utilize such as setting up study groups, meeting with a tutor, and putting in the extra practice.
 - ii. Honestly, as much time as needed but i'll start with an hour and a half because I get distracted easily if there aren't people there doing homework or studying as well.
 - iii. I need to review all of the course material honestly. This class is online so therefore, I am basically reteaching myself the math that we are learning in class.
 - **Monitoring**
 - i. I don't really understand the question.
 - ii. At this moment, I'm not taking advantage of all the learning supports available.
 - iii. I am very much struggling with my motivation to study. No, I don't take that into consideration.
 - iv. I haven't clarified any of my confusions yet.
 - v. I am confused about everything so far. I am going to form a study group, meet with a tutor, and put in extra practice.
 - **Evaluating**
 - i. Being honest nothing worked well because I feel like I did not do the best that I could have.
 - ii. Contact a tutor and look over the material in advance so that I can understand better.
 - iii. Question concerning the relative frequency, z-scores, distribution, because I feel like I was not properly prepared.
4. Tutoring & Academic support resources could help because the way that someone else understands a concept could be the way that I understand it better.

5. Making practice quizzes with the examples in the powerpoints.