

STEP 1: EVALUATE YOUR STUDY HABITS

1. Describe your current methods of study. How do you study for each class?

To be honest, I don't really study too much on any classes besides completing notes for the class and then possibly going back to highlight vocab and important terms and tips. When it comes to completing any assignments, I might go back and look at the notes if I don't understand anything. Sometimes, I might look up more information on youtube for different ways to think about a certain subject to get the information to stick.

1. What specific techniques do you use in class?

As mostly all of my classes are online for a short period of time, I really just let the teacher talk to get out as much information as possible from what they say. I only talk if I'm directly called out as I barely know the answer to the questions that are asked.

2. What specific techniques do you use outside of class?

Outside of class, I may go back to the lecture slides or recap tab on blackboard to obtain any information that I might have missed when in class. This is the time I usually take my detailed notes and not the rough notes I take inside the class period. In these detailed notes I write the main points of the chapter, tips to help remember, and anything the teacher stated in class. However, I only do this when I have time outside of class as I am still working to help provide for college. This means that it rarely happens, especially when I need a break.

2. Identify one class in which you are doing well (not HLTH 101). What study methods work best and why?

One class that I'm doing well in is sociology. This is mostly because most it is slight common sense to me so it's easy to remember and figure out. Another thing is that when we take chapter notes for the class it is followed by a concept quiz on that chapter to recall the information you just took notes on. This helps to reinforce what I had just read. Other than that, I don't really do anything else for this class. However I am slightly scared for this midterm because some of the questions are questions we never really dealt with prior.

STEP 2: IDENTIFY AND APPLY NEW LEARNING TECHNIQUES

3. Identify one class where you are experiencing challenges and address the following questions.

The only class I am experiencing challenges is chemistry. I do not like chemistry when everything is forced and I do not understand what we have to do.

Planning

As I learned in my sophomore year of high school, I realized that I need at least two lessons on one topic that includes notes and a slight practical and hands on learning experience as it helps me to remember information better that way. Hopefully, when I get everything in control again I can properly prep myself for this class. I can hopefully form some type of study session with other students or just practice the topic with worksheets and khan academy and the organic chemistry teacher on youtube. Hopefully I can spend more time on chemistry, at least a full complete day or three hours two days out of the week.

Monitoring

I am not being systematic at all with my studying as I do not know where to start with chemistry. When the teacher has zoom meetings outside of class, it's at the most inconvenient times as I'm either in another class or am at work. But I am going to start utilizing the worksheets that may be posted on blackboard and then emailing the teacher if I have any questions. Hopefully this will help me in studying as I will be more not really motivated to complete the work as I will somewhat know what to do. To be honest I'm probably not doing well in the class because I gave up most hope and am now just trying to survive the semester. I really think I just need like a five day break to slow things down and then rehabilitate myself.

Evaluating

Actually studying would help me on my exams as not studying doesn't help too much. It would help if I went back and looked at the answers I got wrong and tried to fix it. I'll just do better next week. Also maybe if I wasn't a procrastinator or if I got more than five hours of sleep at night would help too. I just need to be motivated to do the work in a timely manner as I'm falling back into my "as long as it's done" mindset.

Planning	Monitoring	Evaluating
<ul style="list-style-type: none">• What strategies will I use to study (e.g., study groups, problem sets, evaluating text figures, challenging myself with practice quizzes and/or going to office hours and review sessions)?• How much time do I plan on studying? Over what period of time and for how long each time I sit down do I need to study?• Which aspects of the course material should I spend more or less time on, based on my current understanding?	<ul style="list-style-type: none">• To what extent am I being systematic in my studying of all the material for the exam?• To what extent am I taking advantage of all the learning supports available to me?• Am I struggling with my motivation to study? If so, do I remember why I am taking this course?• Which of my confusions have I clarified? How was I able to get them clarified?• Which confusions remain and how am I going to get them clarified?	<ul style="list-style-type: none">• What about my exam preparation worked well that I should remember to do next time?• What did not work so well that I should not do next time or that I should change?• What questions did I not answer correctly? Why? How did my answer compare with the suggested correct answer? What confusions do I have that I still need to clarify?

Image retrieved from: <https://cft.vanderbilt.edu/2013/01/thinking-about-metacognition/>

4. Review at least 5 academic tips/resources listed here:

<https://www.odu.edu/success/academic/tips> What is one new technique you could try in class to help you better understand the material?

One new technique I could use in class is email communication as before if I didn't understand anything I would just ask the teacher after class right then and there while it's fresh in my mind.

However, my mind thinks that I won't get the answer right away and that it's no point in sending it. So that's what I'll do as it will also get me closer to my teachers on certain topics in class. I'll probably maybe get a tutor as well, but I don't know how I feel about that.

5. What is one new technique you could try outside of class to help you better understand the material?

One new technique would be getting into a small three person study group as we will be able to bounce ideas off of each other and find new ways to remember the material in a fun not boring way. This also helps me as I mostly remember anything that was interesting to me or attracted my attention.