

## **Learning Self-Assessment**

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### **STEP 1: EVALUATE YOUR STUDY HABITS**

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

**I'm a very visual learner, so my current methods of study for Chemistry involve taking very visually pleasing notes that include diagrams and lots of color. For History I learn best with repetition and re-writing my notes. In Sociology I can simply write my notes once and then re-read the material a couple times and do the practice quizzes to understand the content. The same is for my Music History class.**

1. What specific techniques do you use in class?

**During class I like to take short and simple notes and focus on listening to what my professor has to say.**

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

**Outside of class I focus on mastering the content through repetition and creativity. I like making my own study guides where I write down basic terms and define things.**

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

**Right now, I am doing well in Chemistry. I study using my iPad. As said before, I like to make my notes very colorful and organized. When studying, I write down the most important details of what I'm learning. On my iPad, I can easily paste diagrams and pictures of different models that we talk about in our notes which has been very helpful.**

### **STEP 2: IDENTIFY AND APPLY NEW LEARNING TECHNIQUES**

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

Planning	Monitoring	Evaluating
<ul style="list-style-type: none"> <li>• 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)?</li> <li>• 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?</li> <li>• Which aspects of the course material should I spend more or less time on, based on my current understanding?</li> </ul>	<ul style="list-style-type: none"> <li>• To what extent am I being systematic in my studying of all the material for the exam?</li> <li>• To what extent am I taking advantage of all the learning supports available to me?</li> <li>• Am I struggling with my motivation to study? If so, do I remember why I am taking this course?</li> <li>• Which of my confusions have I clarified? How was I able to get them clarified?</li> <li>• Which confusions remain and how am I going to get them clarified?</li> </ul>	<ul style="list-style-type: none"> <li>• What about my exam preparation worked well that I should remember to do next time?</li> <li>• What did not work so well that I should not do next time or that I should change?</li> <li>• 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?</li> </ul>

#### For History:

PLANNING	MONITORING	EVALUATING
I plan to study using study groups and personal practice quizzes. In the future I will utilize the other resources as well.	I mainly work on studying the terms first and then move to working on connecting them. When it gets closer to an exam, I focus more on reviewing to make sure I have the content nailed.	It helped to have a study guide and practice questions to help prepare me for the future questions. It also helped to take notes in color.
I plan on studying for at least an hour each day. I think it's important to study at least 5 hours each week if not more.	I probably haven't been using all of the resources offered to me, but I am going to explore the resources more and use them in the future.	I think next time I should allow myself more time to prepare for the exam so that I can practice and review the content more thoroughly.
I think I need to work on connecting the topics the most. I understand the individual terms pretty well, but I need to work on the	Sometimes I do lose my motivation to study, but I like to remind myself that I can't reach my goal of becoming	I haven't taken an exam in history yet, but if I were to get an answer wrong I could always ask my professor to help clarify.

sequence of events and how they may relate to each other.	an Athletic Trainer without working hard in school.	
	I was confused about a few terms, but after looking through the textbook and practicing them, I now understand them a lot better.	
	I am still confused about how a few events connect, but I will ask my friends, professor, and study the textbook more.	

2. 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?

**A resource for in class is to take advantage of the video chat opportunities that the class offers. This includes virtual study groups and classes.**

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

**One technique that I found that I could try for this class is the SQ3R technique. In this technique you Survey, Question, Recite, and Review. I believe that this could be very helpful for learning new content for history.**