

STEP 1: EVALUATE YOUR STUDY HABITS

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

1. What specific techniques do you use in class?

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

For the most part, I try to study somewhere quiet and somewhat distraction free. Of course, that's hard when your classes are online and the internet is one click away. I usually study at my desk because it has enough space for my laptop and to spread out my notes. Sometimes I'll listen to music depending on the subject. I can listen to music and take notes/study in Sociology and Biology but can't for English class. In class, I remain focused on what the professor is saying and write down general ideas as points to elaborate on further. Outside of class, I study in many ways depending on what class I'm studying. In College Algebra, I take notes and I'm going to start finding math problems to practice. In Sociology, I take notes and make flashcards on Quizlet. In Biology, I take notes and review PowerPoints. In English, we don't have quizzes so I don't have to study, and the same goes for my biology lab. At this moment, I'm not using any resources that ODU offers besides Monarch OneSearch at this moment, but I plan on using the Learning Center and their resources a little later in the year.

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

I'm doing well in Honors Biology I. For this class, most of the test answers come from the PowerPoints the professor provides as note. Reading through these PowerPoints a couple hours before the test worked well. Since the information is fresh in my brain, it's easier to recall facts. I also think that writing down notes from the PowerPoints even though I don't look at them helps as well. Writing notes is supposed to be like reading the information seven times. I like to think it assists in cementing the facts in my brain and then reviewing the notes helps refresh my memory.

STEP 2: IDENTIFY AND APPLY NEW LEARNING TECHNIQUES

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

One class I'm experiencing challenges in is College Algebra. In order to study, besides just skimming over notes, I will look through websites to find math problems I can practice and see the answer afterwards. I could also go to office hours if I need some help with certain concepts I can't quite grasp. I plan on allocating more time to study. Previously, I only studied College Algebra for around an hour a week. I want to bump up that time to at least two or three hours a week. Since the Zoom classes are on Tuesdays and Thursdays, that's when I usually study, after class. I think I'll bump up the time for studying to an hour and a half after class since I'm usually in the math zone then. During weeks of exams, I'll most likely increase the time I spend studying for this class as well as studying across more than just two days a week. Most of my issues stem from rushing and not reviewing equations and answers. If I spend more time concentrating on reviewing my work, I'll be more likely to catch the little mistakes I make and correct them, which would increase my exam scores.

Right now, I'm not very systematic in my studying regarding College Algebra. Setting up a plan and focusing on concepts that are tripping me up may be beneficial, making my studying more methodical. I haven't really taken advantage of the learning resources offered by ODU yet. One resource I could benefit from would be the Math and Science Resource Center, which I'm planning on using. I am struggling to find motivation to study in this class, but to be fair, I'm having issues finding motivation to study for any of my classes. I need to keep in mind that College Algebra is a requirement for Medical Laboratory Science and keep my eyes on the goal of being accepted into that major. I never really had any confusions in College Algebra; for the most part, it's straightforward.

Skimming over my notes helped a little on my College Algebra exam. However, I didn't study very much for my math exam. Actually studying could help, along with finding some math problems I could practice online. I answered several questions wrong but got partial credit for most. My teacher sends a sheet detailing what I got wrong and why I got it wrong. Looking at that, I saw that I set up most of the problems correct but missed little things like not shading in something or subtracting when I'm supposed to be adding. I rushed through the exam, which is why I messed up, and not reviewing my answers didn't help. I need to take more time to process my thoughts and make sure I did everything correctly by reviewing all the questions at the end.

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>

~ **Study effectively: *Curve of Forgetting***- Studying for ten minutes within 24 hours of taking notes, a week later review for five minutes, then on day thirty you'll only need two to four minutes to recall all the information you learned on day one.

~ **ODU Writing Center**- Offers 45 minutes sessions to review your paper and get feedback. The option to submit your paper and get a video giving feedback is also an option if you don't want to meet with someone face-to-face or via Zoom.

~ **Time management**- Making to-do lists, prioritizing tasks, rewarding yourself, and scheduling tasks are only a few ways a person can manage their time effectively. There are also several remedies for procrastination such as positive self-talk and dividing tasks into smaller sub-tasks.

~ **Presentation skills**- There are certain techniques to practice before and during presentations. For example, practicing your presentation and timing yourself helps determine how long you're talking and how much time you'll have left for questions.

~ **Test taking strategies: *Preparing for Finals***- The most important tip is not to procrastinate. As well as that, making a schedule for the week and making clear goal can help preparing for finals less stressful.

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

I want to try to manage my time more effectively. I already schedule tasks every week, but I could add more details. I write down due dates and highlight tasks in different colors to represent the day I should work on it. In addition, as according to an article on time management on the ODU academic tips webpage, estimating the time each task will take and writing down can also help you plan out your day. I also want to try positive self-talk to stop procrastination. Procrastination is a huge roadblock for me. ADHD only makes it that much worse; it's nearly impossible to focus on anything unless I'm interested in it. By managing my time productively, I'll be able to spend more time on the material I don't understand as well as schedule time to get help from professors or other ODU resources.