**Learning Style: Self-Assessment**

**STEP 1: EVALUATE YOUR STUDY HABITS**

1. Chemistry
   1. To study for my chemistry class in class, I look at the pre-recorded lectures my teacher post and I take detailed color coded notes. In my notes I like to write down the examples, so when I go back to study I can see exactly what I am supposed to do.
   2. When I study outside of class, I go and do the chapter reviews. I also look at the homework as a review as well.
2. Chemistry Lab
   1. To study for my lab class in class, I jot down notes and details pertaining to the lab we are doing that day to help me remember the process and the purpose.
   2. When I study for my Lab class outside of class, I will complete the pre-labs my teacher assigns. Also I like to thoroughly read over the lab procedure packet, to make sure I fully understand the purpose of the lab. Also to see if the packet lists anything I was not previously aware of. I also like to use the packet for the post lab questions because they help you over any information that might have slipped through the cracks.
3. Intro to Literature
   1. To help me study for Lit. Class during class I take bullet notes on the lecture, so that when it is time to test I can go back and study what I wrote.
   2. To study for Literature outside of class, I read the assigned readings, and jot down notes, to help me prepare for what we will be discussing in class.
4. Intro to Sociology
   1. To help me study for sociology in class I take notes from the slides my teacher provides.
   2. To study for sociology outside of class I read the chapters assigned and I complete the optional connect assignments that my teacher makes available for each chapter. When it's time to review for a test I go back and redo the connect assignments.
5. Intro To Health Professions
   1. To study for Intro to Professions, I don't do much. This is not really a class I study for but in the beginning I took notes on the important stuff I didn't know about.
   2. A technique I use to study outside of class for this class is to start the assignments assigned when I get them, so that I am not stressed trying to do it at the last minute.
6. Identify one class in which you are doing well (not HLTH 101).   What study methods work best and why?
   1. I am currently doing well in my chemistry class. Some study methods I use that are working for me are taking color coded notes and practicing problems. Basically repetition and reviewing notes and problems until I understand what I am doing. These techniques help me to retain and understand what I am learning.

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

1. Identify one class where you are experiencing challenges and address the following questions.
   1. One class I would say is a challenge is my Interpreting the American Past class. I am doing well in the class, I have an A, but I am struggling with managing the workload. A strategy I will use when studying is studying flashcards and rereading assigned material. I like to study for history in the morning, for about an hour, because I find it boring and if I try to study it at night I will fall asleep or get distracted. Based on my experience in the class so far, I will spend more time making sure I understand the key concepts and that I will be able to find specific details. I am making sure that when I study I go over all of the core materials. I am taking advantage of all of the reading materials and class notes and PowerPoint made available to me. I am struggling with the motivation to study because I find the information boring and repetitive. However, I have to remember that it's just one class and it won't last forever and it is getting me one step closer to getting my nursing degree. I have not clarified my confusions but when I do, I will do so by having a conversation with my professor. The confusion that I have is how I am expected to take tests and complete projects based on assignments that were assigned but not grade? My problem is how I am supposed to continue using the same information if I am not being told if the information I am using is correct. To get this clarified I will have a conversation with my professor. Well to prepare for my exam I complete the discussion questions assigned however I have not had an exam yet, so I don't know how effective my method is because I haven't gotten an exam graded. Once my exam is graded I will be able to tell if my methods are working. I believe I’ve answered all of the questions to the best of my ability. Other than the confusions listed I have no 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?
   1. I reviewed time management, tutoring and academic resources, studying versus homework, the benefits of working in a group, and setting goals.  One new technique I can use to help me better understand the material is critical reading.
3. What is one new technique you could try outside of class to help you better understand the material?
   1. One technique I could try outside of class to help me better understand the material is making a study group. Having a study group allows you to get different opinions on the work and they can also help to understand any material you’re not fully grasping.