

Learning Style: Self-Assessment (50 Points)

Due: Week 6

Assignment Submission: via email to your instructor (jtousign@odu.edu). Be sure to save your file as a Word Document and attach it to your email. Save your file as: (Last Name_First Name)

For each course, your instructor sets learning objectives and skills that they expect you to gain over the course of the semester.

Most college level courses expect you to know basic course information (REMEMBER previously learned information), and to take it a step further by demonstrating that you UNDERSTAND the information, and can APPLY, ANALYZE and CREATE.

Most introductory courses (100/200) focus more on lower order thinking skills (Understand, Apply), while more advanced courses (300/400 – those in your major!) will focus on higher order thinking skills (Analyze, Evaluate, Create):

Bloom's Taxonomy

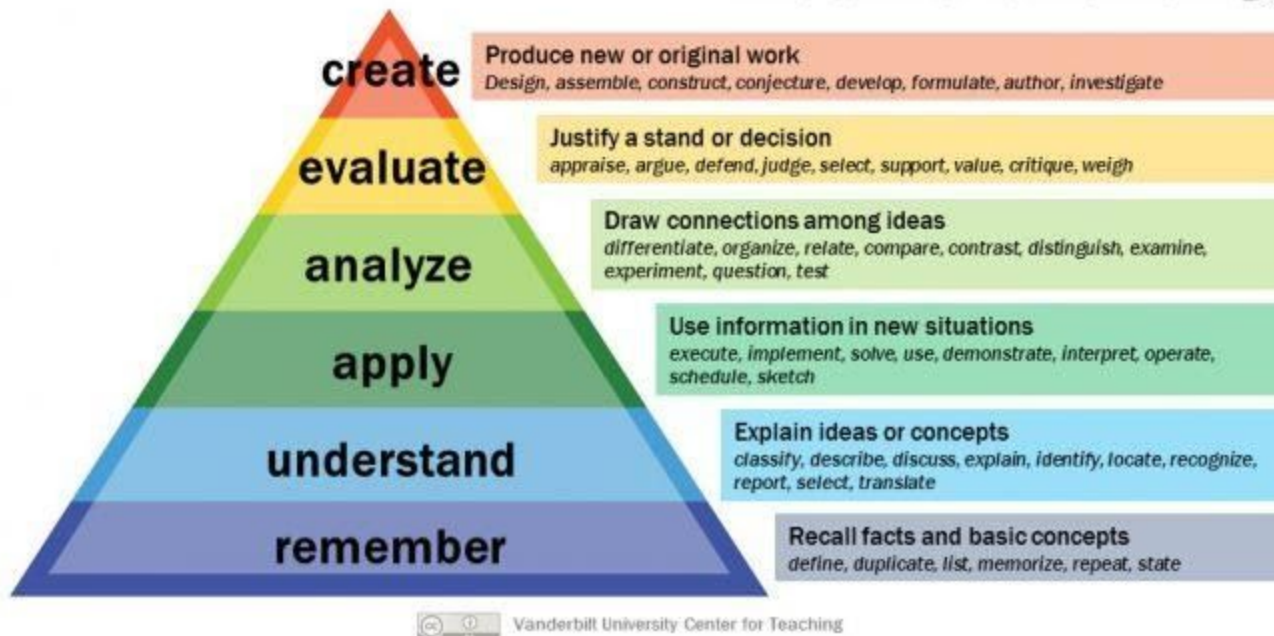


Image retrieved from: <https://cft.vanderbilt.edu/guides-sub-pages/blooms-taxonomy/>

To help you best accomplish the learning objectives for each course, this assignment is designed to help you evaluate your study habits

Instructions:

Answer the questions below and submit your answers through the link provided in Blackboard.

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?

- I have found that the best way to study is to surround myself in a space where I feel comfortable doing work. Some spaces are the stereotypical sitting at a desk or library settings and some happen to be sitting in the passenger seat of my car. After I have found a proper study space for myself mentally I prepare a list of objectives that I need to complete. This list ranges from assignments that I need to learn certain material for all the way to writing down specific subjects I need to focus on. Just like every list and space where I study ranges to how I am feeling that day. This trend does not end when it comes to studying for my different classes. My basic study method is repetition, this consists of reading or writing something over and over to increase my comprehension on a topic. I have found that this helps in my history and social science courses. In math and chemistry, I rework problems I have solved in order to get a better understanding of why the correct answer is just right. At the beginning of this writing, I mentioned that my mental state is the most important part of my studying process. This applies heavily to my time management for each class. For each class, I use specific techniques to make sure I am the most successful I can be. While attending the actual class I make sure I am being attentive and comprehending what my professor is saying. I utilize this method the most in my sociology class as I am being introduced to more complex topics that I have no background knowledge of. Outside of class, I make sure I quiz myself through the connect feature we are offered to make sure I fully understand the things that I have read in every chapter. For every class, I take the time to take notes that will spark memories for me. This helps me recall large amounts of information without wasting time writing everything down. For example, in history class, I remember the coercive acts that took place prior to the civil war. In my notes, I would write "Intolerable acts" instead of coercive acts to highlight the injustices citizens felt with the laws that were being placed on them.

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

- Although my grade does not reflect it I do not feel very confident in my performance in my math class. I have found that reading between reworking problems helps me understand what I need to fix with my work. For this class, youtube has been my greatest asset in giving me various ways to solve problems. This helps me study when reworking problems because I see set by step problems and I can rewind to work it again. I believe that this study method works best for me because I do struggle with reworking problems during class and keeping up with the professor. This problem only occurs in this class so it can become frustrating to continue to ask for help during study sessions so I really appreciate the youtube videos I can watch.

STEP 2: IDENTIFY AND APPLY NEW LEARNING TECHNIQUES

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

- During school, math has never been my strongest subject but I always put my best foot forward. I have set goals for myself to do more practice quizzes and problem sets in order to familiarize myself with the

material. Realistically I will spend about an hour a day studying Monday- Friday. I usually use most of my time on the weekends to complete work for the following week. In this class, I have no problem with the general application of the learned knowledge but I make careless mistakes so I know I need to spend more time focusing on the smaller details in order to get the correct answer. To prepare for the exam I will reread the directions on how to solve problems that I have the most difficulty solving and practice them in order to minimize mistakes on the test. Although I have other classes to study for I definitely take advantage of any free time I have to study for math as I feel the least confident about the class. I also plan to attend tutoring sessions to boost my confidence. During my study time, I tend to solve the problem correctly but I get small details wrong when I type it into the computer which confuses me. This happens in cases where I will have a negative number written down and type it as a positive and receive feedback that says the problem is incorrect. When this happens I believe that I may have solved the problem wrong then I get confused. This sometimes causes frustration and hinders my motivation to study. Even with these problems, I attend study sessions that clarify most of my questions. At the moment I have a few questions regarding the application for the upcoming test but I have a study session on Thursday that will definitely help me. Also, doing practice quizzes for exam preparation helped me score well on the last test so I am sure that it will greatly help me throughout the semester. Even though I studied for the last test I waited a bit longer than I felt comfortable with and promised myself that I would start earlier. I received a B average on the test and upon review, I noticed that the questions I had problems with before the test were the same topics I answered incorrectly on. I have taken this knowledge and know that I need to study harder.

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/>

3. 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?

- At home, I tend to hold on to a lot of my notes from previous years in case I may need them in the future. This causes a cluttered study space and in almost all the cases of the things I have saved, I do not need them anymore. I read that I need to clear my study space to increase my focus on the tasks I need

to complete and I am reminded that this is a great studying requirement. I am very strict about my mental state during study and homework but I did need to be reminded that some of the things that clog my mental state also clutter my desk.

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

- I reviewed the “study cycle” resource that talked about studying directly after class. This is something that I do for many of the classes I do well in but for math, I don’t do it often. I know that I am mentally drained after class so I tend to take a long break and not review the material I just learned. After confirming that this is a great way to study I have set a new goal to do this after class. I am sure my break after studying will feel much better if I am relieved about knowing the material.

Rubric

Criteria	Excellent (47-50 points)	Sufficient (42-46.99 points)	Minimal (37-41.99 points)	Unacceptable (0-36.99 points)
Inclusions of requested information	Includes all requested information. Includes appropriate information written in paragraph style provides great information.	Includes all requested information. Provides some detail.	Includes all requested information but minimally described.	Does not include all information. Requested information not provided or is minimally written.
Writing quality of assignments	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.