

## Step 1

A

The results of 's learning inventory are:

Visual/Nonverbal 24 Visual/Verbal 28 Auditory 22 Kinesthetic 24

Your primary learning style is:

### The Visual/ Verbal Learning Style

You learn best when information is presented visually and in a written language format. In a classroom setting, you benefit from instructors who use the blackboard (or overhead projector) to list the essential points of a lecture, or who provide you with an outline to follow along with during lecture. You benefit from information obtained from textbooks and class notes. You tend to like to study by yourself in a quiet room. You often see information "in your mind's eye" when you are trying to remember something.

#### Learning Strategies for the Visual/ Verbal Learner:

To aid recall, make use of "color coding" when studying new information in your textbook or notes. Using highlighter pens, highlight different kinds of information in contrasting colors.

Write out sentences and phrases that summarize key information obtained from your textbook and lecture.

Make flashcards of vocabulary words and concepts that need to be memorized. Use highlighter pens to emphasize key points on the cards. Limit the amount of information per card so your mind can take a mental "picture" of the information.

When learning information presented in diagrams or illustrations, write out explanations for the information.

When learning mathematical or technical information, write out in sentences and key phrases your understanding of the material. When a problem involves a sequence of steps, write out in detail how to do each step.

Make use of computer word processing. Copy key information from your notes and textbook into a computer. Use the print-outs for visual review.

Before an exam, make yourself visual reminders of information that must be memorized. Make "stick it" notes containing key words and concepts and place them in highly visible places --on your mirror, notebook, car dashboard, etc..

B. I learned that I have a Visual/ Verbal Learning Style. I learn best when people write down and talk about what we are doing. I also benefit from being in a quiet place where I can read. I like it when teachers write down the essential information on the board but they also talk about what they wrote down and add little pointers from talking.

C.

- tend to sit in the front
- often close their eyes to visualize or remember something
- like to see what they are learning
- are attracted to written or spoken language rich in imagery
- prefer stimuli to be isolated from auditory and kinesthetic distraction
- acquire knowledge by reading aloud
- remember by verbalizing lessons to themselves (if they don't they have difficulty reading maps or diagrams or handling conceptual assignments like mathematics).
- find reasons to tinker or move when bored

## Step 2.

## Developing a Schedule.

Determine how you spend a typical 24-hour day:

Enter the hours you spend on each activity.  
If the time entered is less than one hour, use  
"0.x"

Watch as your time slips away. . .



<input type="text" value="6.5"/>	Classes
<input type="text" value="1"/>	Studying
<input type="text" value="8"/>	Sleeping
<input type="text" value="1"/>	Exercise/sports
<input type="text" value="0"/>	Work/internship
<input type="text" value=".5"/>	Family commitments
<input type="text" value=".5"/>	Personal care/grooming
<input type="text" value=".5"/>	Meal preparation/eating/clean-up
<input type="text" value=".5"/>	Transportation (school, work, etc.)
<input type="text" value="3"/>	Relaxing/TV/video games, etc. (alone)
<input type="text" value="2"/>	Socializing/entertainment (with friends)
<input type="text" value=".5"/>	Other

I spend most of my time at school and relaxing. I should probably spend more time sleeping and more time studying. I should take time out of relaxing and watching TV etc. so I can focus on my school work and so I can get a better sleep. Then I can have more energy for the next day.

Step 3.

### Last Minute Cramming

Explanation: While many people swear by the cramming method, it is ultimately terrible at long term knowledge retention and can cause undue stress.

Fix: Study everyday before the test, don't cram into one night because it causes stress. If I needed to cram it then I should at least study two days prior.

### Multi-Tasking

Explanation: Many people are able to multi-task, meaning they can do several different things at once. This can be good for daily tasks. When it comes to studying, you may not retain as much material as if you were to focus purely on one task.

Fix: Before a big test drop everything for that day so you can solemnly study for your exam with no distractions.

### Too much Music

Explanation: Noise and music can interfere with the brain's ability to comprehend new information. It can also distract you from focusing on the material at hand.

Fix: I should not listen to music when I am studying because it is a distraction for the brain. But if I have to I should only listen to one genre, the best one would be classical.

**Eating**

Explanation: Eating too much food during studying can disrupt retention of material. It can also take too much time away. You may want to snack lightly during studying, but not eat enormous meals.

Fix: If I get hungry when I am studying, I should always keep a bag of chips, granola bar etc. beside me so I don't have to interrupt my studying by getting food.

**Bad Environment**

Explanation: A poor study environment can ruin all quality time. If you are uncomfortable at a chair, desk, room, the temperature is too cold or too hot, you will be unsuccessful studying.

Fix: I should find a room that has peace and quiet where I can really focus on my studies with no distractions. This place should have a comfortable place to sit down.

Step 4.



## **YOUR SCORE: 41**

**45 to 50 points:** Your study habits reflect excellent strategies!

If your grades don't reflect them, talk to your instructor or someone at your academic assistance center.

**40 to 44 points:** Your study habits reflect excellent strategies.

Did some questions make you pause? Consider improving your effectiveness: begin by reviewing one question. Work out from there.

**35 to 39 points:** You may have some good habits, but there is area for improvement. Select one particular question, and focus on improving that one: for example, time management and place. Build out from there.

**30 to 34 points:** There is lots of room for improvement. Even if your test scores are OK, it's not likely that you are getting the most out of your study strategies. Select one particular question, and focus on improving that one: for example, time management and place. Build out from there.

**Below 29 points:** Look on the bright side: with a little professional help, you can make a big difference. Your academic assistance center or teacher can help you start to become a better studier, and understand better. Good luck!

### **Check out these suggestions:**

I generally have a good study habit. There are some points where I get distracted but it's not very often. I pause on some questions so I should begin reviewing questions.

#### **Put first things first**

I should put school work before games, Facebook, and Youtube because school is much more important and it should be my number one priority. If I put homework first I would have more time to go on Facebook etc. and I would have a better sleep.

#### **Discover your key productivity periods and places**

I should find out the time and place where I can study without distraction and I can focus on my work and where I can remember what I studied the next day. A good place would be my room right after school because my brain is still thinking right after school.

#### **Look to continually challenge yourself**

I should challenged myself to get a certain mark on a test so I will study harder and better to get to that goal mark on my test.

#### **Look for better solutions to problems**

If I don't understand something I can read around the thing I don't understand so I can gather

the information around it and it might explain it better. I could also re-read the sentence in case I could understand the second time.

**Center yourself around your values and principles**

I shouldn't stop studying if someone calls me or texts me etc. because studying is the most important value at that moment and time. Friends shouldn't be able to distract me and take me away from that.

**Section 1**

A **Mind Map** is a web of ideas that all connect to one central theme. You then make branches to the main points/ ideas of that theme to explain it in other words. Then you branch off those ideas to smaller points/ideas that explain the main point of that branch. So you're separating the central theme into other, smaller words, then into even smaller words to explain those words.

**Section 2**

## The Cornell Note-taking System

<div data-bbox="321 338 412 369">2 1/2"</div> <div data-bbox="256 510 440 541">Cue Column</div>	<div data-bbox="889 338 927 369">6"</div> <div data-bbox="802 432 1084 464">Notetaking Column</div> <ol style="list-style-type: none"><li data-bbox="558 506 1230 611">1. <b>Record:</b> During the lecture, use the notetaking column to record the lecture using telegraphic sentences.</li><li data-bbox="558 636 1325 863">2. <b>Questions:</b> As soon after class as possible, formulate questions based on the notes in the right-hand column. Writing questions helps to clarify meanings, reveal relationships, establish continuity, and strengthen memory. Also, the writing of questions sets up a perfect stage for exam-studying later.</li><li data-bbox="558 884 1325 1062">3. <b>Recite:</b> Cover the notetaking column with a sheet of paper. Then, looking at the questions or cue-words in the question and cue column only, say aloud, in your own words, the answers to the questions, facts, or ideas indicated by the cue-words.</li><li data-bbox="558 1087 1325 1266">4. <b>Reflect:</b> Reflect on the material by asking yourself questions, for example: "What's the significance of these facts? What principle are they based on? How can I apply them? How do they fit in with what I already know? What's beyond them?"</li><li data-bbox="558 1291 1325 1440">5. <b>Review:</b> Spend at least ten minutes every week reviewing all your previous notes. If you do, you'll retain a great deal for current use, as well as, for the exam.</li></ol>
<div data-bbox="240 1591 277 1623">2"</div>	<div data-bbox="769 1545 902 1577">Summary</div> <p data-bbox="464 1619 1175 1692">After class, use this space at the bottom of each page to summarize the notes on that page.</p>

Good Listening Skills	Bad listening Skills
I try to get as much from a lecture as a text book.	I don't take notes unless the teacher tells us to.
I try to get in the front so it's easier to focus.	I agree/listen with almost everything my teacher says and I take that as the right answer.
I'm not fast with a related question.	I interrupt in the middle of a lecture.
I don't dismiss subjects as boring.	I make worthless contributions.

**\* The sections that are here did not work for me\***

**-Memory Recall**

**-Overcoming Test Anxiety**

## **My Preferred Study Method: Cornell Note-Taking System**

### Cornell Note-Taking System

- Cue Column is where you fill in after the lecture is over, not during the lecture. This is where you write out your questions after you review your notes. By writing questions you are forced to think about the lecture and what your notes actually mean. It helps your memory etc. so you can do better for tests.
- The Summary ( bottom of page) is just a few sentences long that explain all the important material on the page. You're summary should be a written in a way that puts all the ideas together and in your own words so you can understand it easily.
- The Note Taking Column is where you actually take your notes during the lecture. You should chose types of notes that you feel comfortable with ( table, points etc.) To avoid spending too much time on notes, you should use abbreviations that you understand. Abbreviations are when you only write down the important/main words in a sentence and leave out the extra words ( the, as etc.)

### **Why I like Cornell Note-Taking Better Because...**

I find it easier to ask myself questions about what I learned. It makes me think harder about what I learned that day and it helps me remember if I ask questions that are likely to be on the test. It also makes me better at taking notes by making more abbreviations so I can make more notes in a smaller space. The summary would also help because it puts all the important items that I need to know in only a few sentences.

