

# Self-Assessment of Study/Learning Skills, Techniques & Habits

- I viewed or attended a “How to Study Smarter not Harder” session.
- I attend every class meeting.
- I come to class prepared.
  - I review the previous lecture.
  - I have my clicker and other needed materials out and ready.
  - I have completed my out of class assignments.
  - I have questions to ask that I have already attempted to answer.
- I participate in class.
  - I enter my answer every time a “clicker” question is presented.
  - I perform the in-class exercises and do not just wait to be told an answer.
  - I contribute to the discussion in my group whenever we are performing an activity.
  - I allow and encourage others in my group to contribute to discussions.
  - I avoid texting, social media, or off-task internet use during class.
- I take and use good notes from lectures.
  - I use the Cornell (<http://www.uwec.edu/ASC/resources/upload/Cornell-Note-Taking-System.pdf>) or similar method for recording, structuring, and analyzing notes.
  - I compare my notes to those of other students to fill in gaps and verify accuracy.
- I spend 6 hours a week engaged in quality study time for this course.
  - I study in an environment without distraction.
    - no one interrupting me
    - no social media access (FB, twitter, snapchat, Instagram, etc.) OR texting (reading or responding)
    - no entertainment media (TV, Netflix, YouTube, Hulu, music I sing to, etc.)
  - I use study techniques that research shows improve performance.
    - I write summaries of notes, text, videos, etc., from memory, repeatedly.
    - I diagram processes I am studying from memory, repeatedly.
    - I interleave my studying of different topics (I alternate what I practice recalling).
- I use the resources available to me.
  - I use the portions of the textbook that address the questions I have.
  - I review the knowledge checklist on the course website.
  - I view and take notes on the reviewvies that address the questions I have.
  - I fill out the handouts and note organizers found on the course website.
  - I talk through the flowcharts found on the course website.
  - I use the practice exams regularly.
- I use the practice exams properly to assess my knowledge and skills.
  - I examine practice exams at the start of each scenario to see what I will be expected to do.
  - I practice using multiple exams before each test.
  - I start using practice exams 5 days before the exam.
  - I select and complete each exam in under 50 minutes, before submitting it.
  - I review each question I answered incorrectly so I can explain what is wrong about the answer I chose and why the correct answer is correct.
  - I review any question in which I was not confident in my choice so I can explain what is wrong about the answer I chose and why the correct answer is correct.
  - I use the data provided
- I study notes in a timely and appropriate fashion.
  - I review my notes within 12 (at most 24) hours of taking them.
  - I review my notes again before the next lecture.
  - I reorganize my notes into tables, charts, lists, diagrams.
  - I write questions in my notes and seek answers 1) in textbook 2) on website 3) in class.
- I am deliberate in all my studying.
  - I think about how each knowledge item fits into the overall picture.
  - I think about how to apply each knowledge item.
  - I don't just memorize each step in a process, I think about the role of each and how they are interrelated.
  - I determine my areas of weakness and focus my studying efforts on them.