



Study Skills and YOU

Presenters: Faculty Learning Specialists

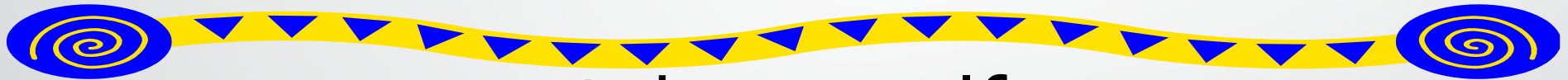
Snizhana Jane Bowers

Dr. Magdalena Caproiu

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Question: What are study skills?

Answer: Behaviors and habits that help you meet the challenge of learning what is being taught to you by your instructors and counselors.



Ask yourself:

1. What do I need to **know** to pass my classes?
2. What do I need to **do** to pass my classes?
3. Is my goal important to me? Do I want to be successful?

Study skills that can lead to success in college



Manage
your
time

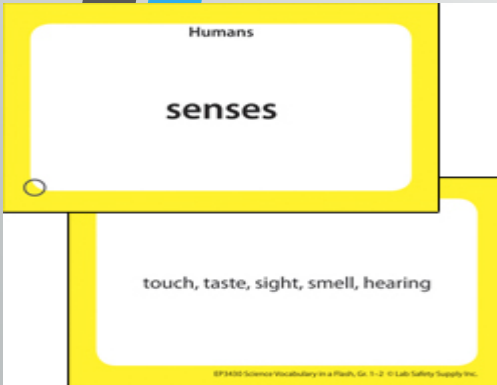
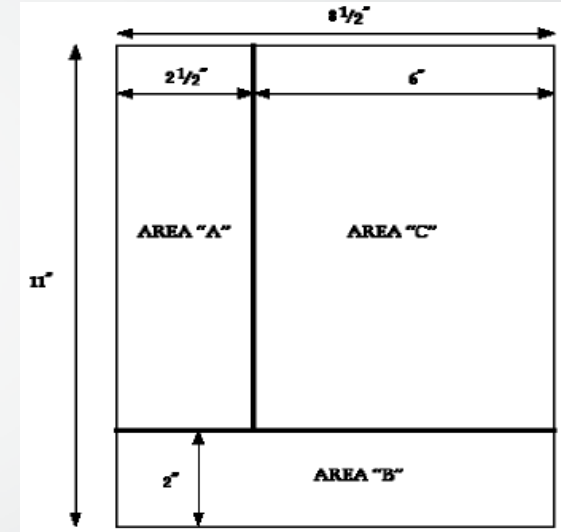


Read your
textbooks



Organize class
materials

Use a
note-
taking
system

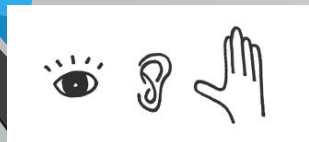


Use
memory
strategies



Have a place to study

Prepare
for
tests



Know
your
learning
style



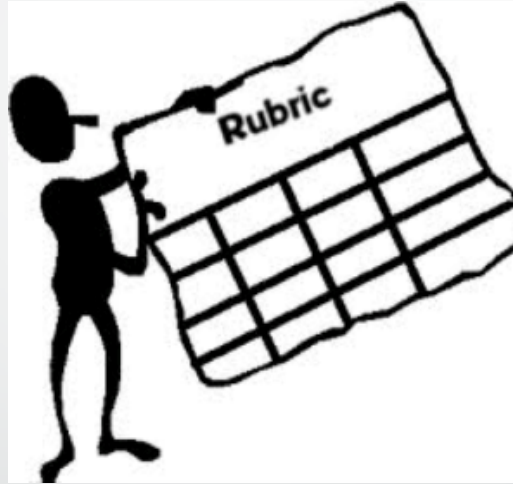
Locate and use
campus resources

Manage
anxiety



Student Study Behavior Inventory

How did you score?



Learning Center Website Tools
[Metacognitive Rubrics](#)

Learning Styles Inventory

What kind of learner are you?



Learning Center Website Tool

[Learning Styles Inventory](#)
[Description of Learning Styles](#)

Visualize Success



Accept Personal Responsibility

| Successful Students . . . | Struggling Students . . . |
|--|--|
| accept personal responsibility , seeing themselves as the primary cause of their outcomes and experiences. | see themselves as victims , believing that what happens to them is determined primarily by external forces such as fate, luck, and powerful others. |
| discover self-motivation , finding purpose in their lives by discovering personally meaningful goals and dreams. | have difficulty sustaining motivation , often feeling depressed, frustrated, and/or resentful about a lack of direction in their lives. |
| master self-management , consistently planning and taking purposeful actions in pursuit of their goals and dreams. | seldom identify specific actions needed to accomplish a desired outcome , and when they do, they tend to procrastinate. |
| employ interdependence , building mutually supportive relationships that help them achieve their goals and dreams (while helping others do the same). | are solitary , seldom requesting, even rejecting, offers of assistance from those who could help. |

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