

De Anza College Adjunct Skills 232 & 233 General Learning Strategies Lab Options

Academic Skills Center * Library 107A * (408) 864-8253 * <http://www.deanza.edu/studentsuccess> --click "Academic Skills"

Lab Requirements: Students submit one page of typed [notes](#) and a typed [journal](#) about what you learned and how you will apply the learning skill/study strategy to your academic performance or personal life. To receive credit, submit work to <https://catalyst.deanza.edu/> for grading before lab deadline.

Study Skills	Skills Workshops (Weeks 4 - 8)	Skills Books	Internet Videos	Internet Workshops
Time Management	<ul style="list-style-type: none"> Time Management Strategies 	<i>How to Study in College</i> , Chapter 2	Time Management Video www.dartmouth.edu/~acskills/videos/video_tmcap.html	Strategies for Improving Academic Performance http://www.ucc.vt.edu/lynch/TimeManagement.htm
Textbook Reading	<ul style="list-style-type: none"> Active Reading: Mark Up Those Texts! Coming Attractions: How to Preview a Text Textbook Reading Skills 	<i>Study & Critical Thinking Skills in College</i> , Chapter 16	Reading Improvement Video www.dartmouth.edu/~acskills/videos/video_ricap.html	Increasing Textbook Reading Comprehension by Using SQ3R http://www.ucc.vt.edu/lynch/TRIntroduction.htm
Note Taking	<ul style="list-style-type: none"> Note Taking in Class 	<i>The Confident Student</i> , Chapter 5	Note Taking Video www.dartmouth.edu/~acskills/videos/video_ntcap.html	Taking Effective Notes http://www.austincc.edu/support/advising/workshops/notetaking/
Critical Thinking & Problem Solving	<ul style="list-style-type: none"> Critical Reading in the Social Sciences Decision Making Engaging Ethics 	<i>Study & Critical Thinking Skills in College</i> , Chapter 7	7 Skills Students Need for their Future http://www.youtube.com/watch?v=NS2PqTTxFFc&feature=fvwr	Thinking Like a Genius http://studygs.net/genius.htm
Essay Writing	<ul style="list-style-type: none"> Avoiding Fragments & Run-Ons Creating Dynamic Thesis Statements Editing, Proofreading & Revision Keys to Success in Summary Writing Warming Up to the Writing Process 	<i>Overcoming Hurdles to Success</i> , Chapter 11	How to Write an Effective Essay: The Introduction http://www.youtube.com/watch?v=IN6IOSMviS4&feature=related	Essay Writing http://owl.english.purdue.edu/owl/resource/685/01/
Goal Setting	<ul style="list-style-type: none"> Goal Setting & Motivation 	<i>The Confident Student</i> , Chapter 4	How to Follow Through and Persist with Your Goals? http://www.youtube.com/watch?v=7H2uNlChYtQ&feature=relmfu	The GPS LifePlan http://bit.ly/OFFGoo
Learning & Teaching Styles	<ul style="list-style-type: none"> How to Communicate in Study Groups 	<i>Study & Critical Thinking Skills in College</i> , Chapter 8	How to Get the Most Out of Studying http://www.youtube.com/watch?v=RH95h36NChI&feature=list_related&playnext=1&list=SP85708E6EA236E3DB	Discover Your Learning Style http://www.studentlingo.com/foothill
Memory & Concentration	<ul style="list-style-type: none"> Memory Skills 	<i>Study & Critical Thinking Skills in College</i> , Chapter 9	Strategic Learning Video www.dartmouth.edu/~acskills/videos/video_slcap.html	Strategies for Improving Concentration & Memory http://www.ucc.vt.edu/lynch/ImprovConcentration.htm
Test Taking Anxiety	<ul style="list-style-type: none"> Tests with Less Stress 	<i>How to Study in College</i> , Chapter 4	Stress Management Video www.dartmouth.edu/~acskills/videos/video_smcap.html	Seven Strategies for Improving Test Performance http://www.ucc.vt.edu/lynch/SevenStrategies.htm
Career & College Skills	<ul style="list-style-type: none"> Information & Research Interviews How to Write a Cover Letter How to Navigate the College System 	<i>Confident Student</i> , Chapter 15	All About Resumes, Cover Letters, Interviewing https://www.cco.purdue.edu/Faculty/Resources_HowtoVideos.shtml	Academic & Career Exploration http://www.studentlingo.com/foothill

De Anza College Adjunct Skills 232 & 233 **Content Specific Lab Options**

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Course	Learning Strategies for Content Course	Lab Requirements
Accounting	http://www.muskingum.edu/~cal/database/content/accounting.html	Students submit one page of Notes and one page, single- spaced Journal about what you learned and how you will apply the Learning Strategy to your academic performance in the content course.
Biology	http://www.muskingum.edu/~cal/database/content/biology.html	
Economics	http://www.muskingum.edu/~cal/database/content/economics.html	
Geography	http://www.muskingum.edu/~cal/database/content/geography.html	
History	http://www.muskingum.edu/~cal/database/content/history.html	
Nutrition	http://www.muskingum.edu/~cal/database/content/genscience.html	
Political Science	http://www.muskingum.edu/~cal/database/content/polisci.html	
Psychology	http://www.muskingum.edu/~cal/database/content/psych.html	

Course	Textbook Activities for Content Course	Lab Requirements
Accounting	Accounting http://www.wadsworth.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9780538475006&token=	<ul style="list-style-type: none"> Select a Chapter, Download Student PowerPoint, Take (Notes) Create 10 essay questions from key terms under Glossary and Flashcards (Journal)
Biology	BioInquiry: Making Connections in Biology http://bcs.wiley.com/he-bcs/Books?action=index&itemId=0471473219&bcsID=2118	<ul style="list-style-type: none"> Select a Chapter, Read BioInquiries, and Take (Notes) Answer question under Explorations (Journal)
Economics	Explorations in Economic Demand, Parts I - III http://ecedweb.unomaha.edu/Dem_Sup/demand.htm	<ul style="list-style-type: none"> Read Parts I-III and Take (Notes) Answer questions under For Discussion (Journal)
Geography	Discovering Physical Geography http://bcs.wiley.com/he-bcs/Books?action=index&itemId=047143860X&bcsId=3332	<ul style="list-style-type: none"> Select Web Resource, Choose a Chapter, Review the Annotated Web Links, and Take (Notes) Write what you learned about the topic (Journal)
History	The American Promise http://bcs.bedfordstmartins.com/roarkcompact4e/default.asp?s=&n=&i=&v=&o=&ns=0&uid=0&rau=0	<ul style="list-style-type: none"> Select a Chapter, Read Suggested References, Take (Notes) Answer Making Connections Questions (Journal)
Nutrition	Nutrition Now http://www.brookscole.com/cgi-brookscole/course_products_bc.pl?fid= M20b&product_isbn_issn=9781439049037&disciplinenumber=18	<ul style="list-style-type: none"> Select a Chapter, Read Web Links, and Take (Notes) Write answers from Critical Thinking Exercises (Journal)
Political Science 1 & 2	American Government and Politics Today http://www.cengage.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9780495571704&discipline_number=20	<ul style="list-style-type: none"> Select a Chapter, Review Flash Cards, and Take (Notes) Select Tutorial Quiz, Write down difficult questions, and Discuss where you found/researched the answers (Journal)
Political Science 3	Essentials of International Relations http://www.wwnorton.com/college/polisci/irmingst4/	<ul style="list-style-type: none"> Choose a Chapter, Read Chapter Summary, and Take (Notes) Write answers from I.R. Focus Questions (Journal)
Political Science 5	Government, Law and Society: Political Theory http://govt.eserver.org/theory.html	<ul style="list-style-type: none"> Choose a Topic, Read Article, and Take (Notes) Write evaluation applying article to class theory (Journal)
Psychology	American Psychology Association http://www.apa.org/topics/index.aspx	<ul style="list-style-type: none"> Choose a Topic, Read Articles, and Take (Notes) Write evaluation applying topic to class materials/text (Journal)