



Lab Options for Skills 232/233

To pass, submit four labs to Catalyst by Friday of Week 8

<http://www.deanza.edu/studentsuccess/academicskills/skillslabs.html>

Lab Requirements: For each lab, login to [Catalyst](#) and submit to your typed [Journal](#), at least 250 words, describing what you learned and how you will apply the learning skill/study strategy to your academic performance or personal life. For more info, visit website, come to ATC 302, or call (408) 864-8253.

<u>Study Skills</u>	<u>Skills Workshops - ATC 303 (Weeks 4 - 8)</u>	<u>Internet Resources</u>
Anti- Procrastination	<ul style="list-style-type: none"> • Anti-Procrastination 	3 Powerful Techniques To Beat Procrastination https://www.youtube.com/watch?v=VA8D1cGW5Qk Overcoming Procrastination: Causes & Cure http://www.studentlingo.com/materials
Critical Thinking & Problem Solving	<ul style="list-style-type: none"> • Engaging Ethics 	Habits of Successful College Students-LBCC https://www.youtube.com/watch?v=jXOHKSnUNw Thinking Like a Genius http://studyqs.net/genius.htm
Goal Setting	<ul style="list-style-type: none"> • Goal Setting & Motivation 	How to Set and Achieve any Goal you Have in Your Life https://www.youtube.com/watch?v=z4dn8N6LRZc Motivation & Goal Setting http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/motivation-and-goal-setting
Learning & Teaching Styles	<ul style="list-style-type: none"> • Communication in Study Groups • Teambuilding 	How to Get the Most Out of Studying http://www.youtube.com/watch?v=RH95h36NChI&fea Discover Your Learning Style http://www.studentlingo.com/materials
Maximizing Your College Experience	<ul style="list-style-type: none"> • Memory Tricks 	Memory Tricks-LBCC https://www.youtube.com/watch?v=Ulk9BCRA83Y Maximizing Your College Experience http://www.studentlingo.com/materials
Note Taking	<ul style="list-style-type: none"> • Note Taking in Class 	How to Take Great Notes https://www.youtube.com/watch?v=UAhRf3U50IM Taking Better Lecture Notes http://www.youtube.com/watch?v=Bvsf591rYWE Study Tips and Note-Taking Strategies http://www.studentlingo.com/material
Essay Writing	<ul style="list-style-type: none"> • Avoiding Fragments & Run-Ons • Effective Body Paragraphs • Get the Verb and Tense Right • Keys to Success in Summary Writing • Subject-Verb Agreement • The Writing Process: Prewriting, Editing & Revision 	How to write a good essay https://www.youtube.com/watch?v=liyFKUFCQno Essay Writing http://owl.english.purdue.edu/owl/resource/685/01/



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Testing	<ul style="list-style-type: none"> • Tests Taking Strategies • Tests with Less Stress 	Test Taking Techniques https://www.youtube.com/watch?v=pXNfVs1pPQc&list=PL040FED4F38C6C252&index=5 Test Taking Skills http://www.youtube.com/watch?v=PMkboVPM5Cg How To Reduce Test Anxiety http://www.studentlingo.com/workshop/5124909787/
Textbook Reading	<ul style="list-style-type: none"> • Active Reading: Nonfiction • Short Stories 	Taking Cornell Notes http://www.youtube.com/watch?v=JPSmXRllyS8 Textbook Study http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/textbook-study
Time Management	<ul style="list-style-type: none"> • Time Management Strategies 	Time Management http://www.dartmouth.edu/~acskills/videos/video_tm.html Time Management: Strategies For Success http://www.studentlingo.com/workshop/5124922082/

Course-Specific Online Textbook Labs (follow specific Journal requirements)

Course	Textbook Activities for Content Course	Lab Requirements
Accounting	Accounting: http://www.wadsworth.com/cgiwadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9780538475006&to_ken=	<ul style="list-style-type: none"> * Select a chapter, download Student PowerPoint * Create 10 essay questions from key terms under Glossary and Flashcards (Journal)
Biology	Bio Inquiry: Making Connections in Biology http://bcs.wiley.com/hebcs/Books?action=index&itemID=0471473219&bcsID=2118	<ul style="list-style-type: none"> * Select a chapter, read Bio Inquiries * 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 * Answer questions under For Discussion (Journal)
Geography	Discovering Physical Geography http://bcs.wiley.com/hebcs/Books?action=index&itemID=047143860X&bcsID=3332	<ul style="list-style-type: none"> * Select Web Resource, choose a chapter, review the annotated web links * Write what you learned about the topic (Journal)
Political Science 1	American Government and Politics Today http://www.cengage.com/cgiwadsworth/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 * Select Tutorial Quiz, Write down difficult questions, and Discuss where you found/researched the answers (Journal)