



Lab Options for Skills 232/233

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

<http://www.deanza.edu/studentssuccess/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/workshop/5124909755/
Critical Thinking & Problem Solving	<ul style="list-style-type: none"> • Engaging Ethics 	Habits of Successful College Students-LBCC https://www.youtube.com/watch?v=jJXOHKSnUNw Thinking Like a Genius http://studygs.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/workshop/5124953851/
Memory & Concentration	<ul style="list-style-type: none"> • Memory Tricks 	Memory Tricks-LBCC https://www.youtube.com/watch?v=Ulk9BCRA83Y Improving Concentration & Memory http://www.ucc.vt.edu/academic_support_students/online_study_skills_workshops/improving_concentration_memory/index.html
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/workshop/5124966311/
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 5 Tips to Writing the Perfect English Essay http://www.youtube.com/watch?v=NuTH2ognddo 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=JPSmXRIlyS8 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/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 ▪ Create 10 essay questions from key terms under Glossary and Flashcards (Journal)
Biology	Bio Inquiry: 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 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/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 ▪ 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 ▪ Answer Making Connections Questions (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 ▪ 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 ▪ 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 ▪ Write an 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 ▪ Write evaluation applying topic to class materials/text (Journal)