



How to submit labs:

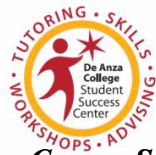
For each lab, watch the video and TAKE NOTES. Then login write your original [Journal](#), at least 250 words, describing what **you** learned and how **you** will apply the learning skill/study strategy to **your own** academic performance or personal life. Make it detailed, personal and specific! Then login to [Catalyst](#) and submit the journal. To avoid errors and technical difficulties, **do not wait to the last minute**. For more info, visit <http://deanza.edu/studentsuccess/academicskills/skillslabs.html> , or come to ATC 302, or call (408) 864-8253.

<u>Study Skills</u>	Skills Workshops - ATC 303 (Weeks 4 - 8)	<u>Internet Videos</u>
Anti- Procrastination	• Anti-Procrastination	How To Stop Procrastinating (WellCast) https://www.youtube.com/watch?v=Qvcx7Y4caQE The Science of Productivity (ASAP Science) https://www.youtube.com/watch?v=IHfjvYzr-3g 3 Powerful Techniques To Beat Procrastination (Arina Nikitina) https://www.youtube.com/watch?v=VA8D1cGW5Qk
Time Management	• Time Management Strategies	Time Management http://www.dartmouth.edu/~acskills/videos/video_tm.html 6 Time Management Tips to Increase Productivity https://www.youtube.com/watch?v=3KafqR2WEgY How to Manage Time 10 Tips That Work https://www.youtube.com/watch?v=qo5XyuI7DkA How to Manage Your Time Better (WellCast) https://www.youtube.com/watch?v=VUk6LXRZMMk
Tests	• Tests Taking Strategies • Tests with Less Stress	The 9 BEST Scientific Study Tips (ASAP Science) https://www.youtube.com/watch?v=p60rN9JEapq 7 Tips To Beat Exam Anxiety (ASAP Thought) https://www.youtube.com/watch?v=FyBdA61GmJ0
Textbook Reading	• Active Reading: Nonfiction • Short Stories	Creating 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
Note Taking	• Note Taking in Class	How to Take Great Notes https://www.youtube.com/watch?v=UAhRf3U50IM Should You Take Notes on Paper or on a Computer? https://www.youtube.com/watch?v=gsb-U8bZpig How to Take Notes in Class: The 5 Best Methods https://www.youtube.com/watch?v=AffuwYJZTQQ



Memory	• Memory Strategies	How to Memorize Fast and Easily https://www.youtube.com/watch?v=0nFkQ4cQhME
Critical Thinking & Problem Solving	• Braingame: Engaging Ethics	5 tips to improve your critical thinking - Samantha Agoos https://www.youtube.com/watch?v=dItUGF8GdTw 7 Step Problem Solving https://www.youtube.com/watch?v=bZXDQGSuF9I
Motivation & Confidence	• Goal Setting & Motivation	Motivation & Goal Setting http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/motivation-and-goal-setting 3 tips to boost your confidence (TED-Ed) https://www.youtube.com/watch?v=I_NYrWqUR40
Stress	• Stress Management • Tips to De-Stress	How to De-Stress and Free your Mind https://www.youtube.com/watch?v=Kt4XcLMRzIQ Stress Management Strategies (WellCast) https://www.youtube.com/watch?v=0fL-pn80s-c
Group Study	• Communication in Study Groups • Teambuilding	How to study effectively https://www.youtube.com/watch?v=23Xqu0jXlfs How to study in groups https://www.youtube.com/watch?v=zREOJKkvwVU
Writing and Grammar	• 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 How to Write a College Paper : The College Paper Revision Process https://www.youtube.com/watch?v=H_wlNochDMo





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

Course	Online Activities for Content Course	Lab Requirements
<i>Accounting</i>	Accounting: http://www.nyscpa.org/professional-resources/accounting-terminology-guide	* Find 10 accounting terminology terms that appear in your textbook and compare the definition given in the website. * Write the definitions in your own words and provide your own example. (Journal)
<i>Biology</i>	Bio Inquiry: Making Connections in Biology http://bcs.wiley.com/he-bcs/Books?action=index&itemId=0471473219&bcsId=2118	* Select a chapter, read Bio Inquiries * Answer question under Explorations (Journal)
<i>Economics</i>	Explorations in Economic Demand, Parts I – III http://ecedweb.unomaha.edu/Dem_Sup/demand.htm	* Read Parts I-III * Answer questions under For Discussion (Journal)
<i>Geography</i>	Discovering Physical Geography http://bcs.wiley.com/he-bcs/Books?action=index&itemId=1118526783&bcsId=8759	* Select Web Resource, choose a chapter, review the annotated web links * Write what you learned about the topic (Journal)
<i>Political Science 1</i>	American Politics Today http://www.wwnorton.com/college/polisci/american-politics-today3/essentials/welcome.aspx	* Browse the chapters to find one that matches what you are learning now. Read the Chapter Review, then take the Quiz * Write down difficult questions, and discuss the correct answers and where you found/researched the answers. How does this compare to what you are learning in class? (Journal)