

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://bit.ly/19C4T9O
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 http://bit.ly/HHXf1T
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://bit.ly/17OfpbU
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://bit.ly/1asT9jY	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://bit.ly/Hi8wxM	Essay Writing http://bit.ly/1asSZJr
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://bit.ly/188OZ0R	Motivation & Goal Setting http://bit.ly/1dP6yb2
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://bit.ly/nK5kpM	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://bit.ly/1cbcd4q
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://bit.ly/188Osfu
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	The Cover Letter https://www.cco.purdue.edu/Student/Resume/	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	TBA	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	TBA	
Economics	TBA	
Geography	TBA	
History	TBA	
Nutrition	TBA	
Political Science	TBA	
Psychology	TBA	

Course	Textbook Activities for Content Course	Lab Requirements
Accounting	Accounting http://bit.ly/1gsVjbQ	<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://bit.ly/HKGDWe	<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://bit.ly/188Pb00	<ul style="list-style-type: none"> ▪ Read Parts I-III and Take (Notes) ▪ Answer questions under For Discussion (Journal)
Geography	Discovering Physical Geography http://bit.ly/17G35wl	<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://bit.ly/1lSzeEW	<ul style="list-style-type: none"> ▪ Select a Chapter, Read Suggested References, Take (Notes) ▪ Answer Making Connections Questions (Journal)
Nutrition	Nutrition Now http://bit.ly/1gsVtQk	<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://bit.ly/17OghgJ	<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)