

## De Anza College Adjunct Skills 232 General Learning Strategies Lab Options

Academic Skills Center \* Library 107A \* (408) 864-8253 \* <http://www.deanza.edu/studentsuccess> and 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. Submit work in Catalyst for grading before lab deadline. *Four labs required for four hours of credit towards a Pass grade.*

Study Skills	Skills Workshops (Weeks 4 - 8)	Skills Books	Internet Videos	Internet Workshops
<b>Time Management</b>	<ul style="list-style-type: none"> <li>• Anti-Procrastination</li> <li>• Time Management Strategies</li> </ul>	<i>How to Study in College</i> , Chapter 2	<a href="http://www.dartmouth.edu/~acskills/videos/video_tmcap.html">Time Management</a> www.dartmouth.edu/~acskills/videos/video_tmcap.html	<a href="http://www.studentlingo.com/foothill">Time Management: Strategies for Success</a> http://www.studentlingo.com/foothill
<b>Textbook Reading</b>	<ul style="list-style-type: none"> <li>• Active Reading</li> <li>• Textbook Reading Skills</li> </ul>	<i>Study &amp; Critical Thinking Skills in College</i> , Chapter 16	<a href="http://www.dartmouth.edu/~acskills/videos/video_ricap.html">Reading Improvement</a> www.dartmouth.edu/~acskills/videos/video_ricap.html	<a href="http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/textbook-study">Textbook Study</a> http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/textbook-study
<b>Note Taking</b>	<ul style="list-style-type: none"> <li>• Note Taking in Class</li> </ul>	<i>The Confident Student</i> , Chapter 5	<a href="http://www.dartmouth.edu/~acskills/videos/video_ntcap.html">Note Taking</a> www.dartmouth.edu/~acskills/videos/video_ntcap.html	<a href="http://www.austincc.edu/support/advising/workshops/notetaking/">Taking Effective Notes</a> http://www.austincc.edu/support/advising/workshops/notetaking/
<b>Critical Thinking &amp; Problem Solving</b>	<ul style="list-style-type: none"> <li>• Engaging Ethics</li> </ul>	<i>Study &amp; Critical Thinking Skills in College</i> , Chapter 7	<a href="http://www.youtube.com/watch?v=NS2PqTTxFFc&amp;feature=fvwr">7 Skills Students Need for their Future</a> http://www.youtube.com/watch?v=NS2PqTTxFFc&feature=fvwr	<a href="http://studygs.net/genius.htm">Thinking Like a Genius</a> http://studygs.net/genius.htm
<b>Essay Writing</b>	<ul style="list-style-type: none"> <li>• Avoiding Fragments &amp; Run-Ons</li> <li>• Creating Dynamic Thesis Statements</li> <li>• Effective Body Paragraphs</li> <li>• Keys to Success in Summary Writing</li> <li>• The Writing Process</li> </ul>	<i>Overcoming Hurdles to Success</i> , Chapter 11	<a href="http://www.youtube.com/watch?v=IN6IOSMviS4&amp;feature=related">How to Write an Effective Essay: The Introduction</a> http://www.youtube.com/watch?v=IN6IOSMviS4&feature=related	<a href="http://owl.english.purdue.edu/owl/resource/685/01/">Essay Writing</a> http://owl.english.purdue.edu/owl/resource/685/01/
<b>Goal Setting</b>	<ul style="list-style-type: none"> <li>• Goal Setting &amp; Motivation</li> </ul>	<i>The Confident Student</i> , Chapter 4	<a href="http://www.youtube.com/watch?v=7H2uNICHYtQ&amp;feature=relmfu">How to Follow Through and Persist with Your Goals</a> http://www.youtube.com/watch?v=7H2uNICHYtQ&feature=relmfu	<a href="http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/motivation-and-goal-setting">Motivation &amp; Goal Setting</a> http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/motivation-and-goal-setting
<b>Learning &amp; Teaching Styles</b>	<ul style="list-style-type: none"> <li>• Communicate in Study Groups</li> <li>• Teambuilding</li> </ul>	<i>Study &amp; Critical Thinking Skills in College</i> , Chapter 8	<a href="http://www.youtube.com/watch?v=RH95h36NChI&amp;feature=relmfu">How to Get the Most Out of Studying</a> http://www.youtube.com/watch?v=RH95h36NChI&feature=relmfu	<a href="http://www.studentlingo.com/foothill">Discover Your Learning Style</a> http://www.studentlingo.com/foothill
<b>Memory &amp; Concentration</b>	<ul style="list-style-type: none"> <li>• Memory Skills</li> </ul>	<i>Study &amp; Critical Thinking Skills in College</i> , Chapter 9	<a href="http://www.dartmouth.edu/~acskills/videos/video_slcap.html">Strategic Learning</a> www.dartmouth.edu/~acskills/videos/video_slcap.html	<a href="http://www.ucc.vt.edu/academic_support_students/online_study_skills_workshops/improving_concentration_memory/index.html">Improving Concentration &amp; Memory</a> http://www.ucc.vt.edu/academic_support_students/online_study_skills_workshops/improving_concentration_memory/index.html
<b>Test Taking Anxiety</b>	<ul style="list-style-type: none"> <li>• Tests Taking Strategies</li> <li>• Tests with Less Stress</li> </ul>	<i>How to Study in College</i> , Chapter 4	<a href="http://www.dartmouth.edu/~acskills/videos/video_smcap.html">Stress Management</a> www.dartmouth.edu/~acskills/videos/video_smcap.html	<a href="http://www.studentlingo.com/foothill">Test Anxiety &amp; Test-Taking Strategies</a> http://www.studentlingo.com/foothill
<b>Career &amp; College Skills</b>	<ul style="list-style-type: none"> <li>• See <a href="http://deanza.edu/studentsuccess/academic_skills/skillsworkshopschedule.html">workshop schedule</a> for current list of topics: <a href="http://deanza.edu/studentsuccess/academic_skills/skillsworkshopschedule.html">http://deanza.edu/studentsuccess/academic_skills/skillsworkshopschedule.html</a></li> </ul>	<i>Confident Student</i> , Chapter 15	<a href="https://www.cco.purdue.edu/Student/Resume/">Resumes, Cover Letters, and Interviewing</a> https://www.cco.purdue.edu/Student/Resume/	<a href="http://www.studentlingo.com/foothill">Academic &amp; Career Exploration</a> http://www.studentlingo.com/foothill

Visit <http://www.deanza.edu/studentsuccess/academicskills/skillslabs.html> to review the lab options and lab requirements.

## De Anza College Adjunct Skills 232 **Content Specific Lab Options**

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Course	<u><a href="#">Learning Strategies for Content Course</a></u>	Lab Requirements
Accounting	<a href="http://www.muskingum.edu/~cal/database/content/accounting.html">http://www.muskingum.edu/~cal/database/content/accounting.html</a>	Students submit <b>one page of Notes</b> and a <b>200 – 250 word Journal</b> about what you learned and how you will apply the Learning Strategy to your academic performance in the content course.
Biology	<a href="http://www.muskingum.edu/~cal/database/content/biology.html">http://www.muskingum.edu/~cal/database/content/biology.html</a>	
Economics	<a href="http://www.muskingum.edu/~cal/database/content/economics.html">http://www.muskingum.edu/~cal/database/content/economics.html</a>	
Geography	<a href="http://www.muskingum.edu/~cal/database/content/geography.html">http://www.muskingum.edu/~cal/database/content/geography.html</a>	
History	<a href="http://www.muskingum.edu/~cal/database/content/history.html">http://www.muskingum.edu/~cal/database/content/history.html</a>	
Political Science	<a href="http://www.muskingum.edu/~cal/database/content/polisci.html">http://www.muskingum.edu/~cal/database/content/polisci.html</a>	
Psychology	<a href="http://www.muskingum.edu/~cal/database/content/psych.html">http://www.muskingum.edu/~cal/database/content/psych.html</a>	

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

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