Lab Requirements: Students submit one page of typed [notes](http://www.deanza.edu/studentsuccess/academicskills/labnotes.html) and a typed [journal](http://www.deanza.edu/studentsuccess/academicskills/labjournal.html) 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](https://catalyst.deanza.edu/) for grading before lab deadline. *Four labs required for four hours of credit towards a Pass grade.*

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| **Study Skills** | [**Skills Workshops**](http://deanza.edu/studentsuccess/academicskills/skillsworkshopschedule.html) **(Weeks 4 - 8)** | **Skills Books** | [**Internet Videos**](http://www.deanza.edu/studentsuccess/academicskills/internetvideos.html) | [**Internet Workshops**](http://www.deanza.edu/studentsuccess/academicskills/internetworkshops.html) |
| **Time Management** | * Anti-Procrastination
* Time Management Strategies
 | *How to Study in College*, Chapter 2 | [Time Management](http://www.dartmouth.edu/~acskills/videos/video_tmcap.html)www.dartmouth.edu/~acskills/videos/video\_tmcap.html | [Time Management: Strategies for Success](http://www.studentlingo.com/foothill)http://www.studentlingo.com/foothill |
| **Textbook Reading** | * Active Reading
* Textbook Reading Skills
 | *Study & Critical Thinking Skills in College*, Chapter 16 | [Reading Improvement](http://www.dartmouth.edu/~acskills/videos/video_ricap.html)www.dartmouth.edu/~acskills/videos/video\_ricap.html | [Textbook Study](http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/textbook-study)http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/textbook-study |
| **Note Taking** | * Note Taking in Class
 | *The Confident Student*, Chapter 5 | [Note Taking](http://www.dartmouth.edu/~acskills/videos/video_ntcap.html)www.dartmouth.edu/~acskills/videos/video\_ntcap.html | [Taking Effective Notes](http://www.austincc.edu/support/advising/workshops/notetaking/)http://www.austincc.edu/support/advising/workshops/notetaking/  |
| **Critical Thinking &****Problem Solving** | * Engaging Ethics
 | *Study & Critical Thinking Skills in College*, Chapter 7 | [7 Skills Students Need for their Future](http://www.youtube.com/watch?v=NS2PqTTxFFc&feature=fvwrel) http://www.youtube.com/watch?v=NS2PqTTxFFc&feature=fvwrel | [Thinking Like a Genius](http://studygs.net/genius.htm)http://studygs.net/genius.htm |
| **Essay Writing** | * Avoiding Fragments & Run-Ons
* Creating Dynamic Thesis Statements
* Effective Body Paragraphs
* Keys to Success in Summary Writing
* The Writing Process
 | *Overcoming Hurtles to Success*, Chapter 11 | [How to Write an Effective Essay: The Introduction](http://www.youtube.com/watch?v=IN6IOSMviS4&feature=related)http://www.youtube.com/watch?v=IN6IOSMviS4&feature=related | [Essay Writing](http://owl.english.purdue.edu/owl/resource/685/01/)http://owl.english.purdue.edu/owl/resource/685/01/ |
| **Goal Setting** | * Goal Setting & Motivation
 | *The Confident Student*, Chapter 4 | [How to Follow Through and Persist with Your Goals](http://www.youtube.com/watch?v=7H2uNIChYtQ&feat)http://www.youtube.com/watch?v=7H2uNIChYtQ&feature=relmfu | [Motivation & Goal Setting](http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/motivation-and-goal-setting) http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/motivation-and-goal-setting |
| **Learning & Teaching Styles** | * Communicate in Study Groups
* Teambuilding
 | *Study & Critical Thinking Skills in College*, Chapter 8 | [How to Get the Most Out of Studying](http://www.youtube.com/watch?v=RH95h36NChI&feat) http://www.youtube.com/watch?v=RH95h36NChI&feat | [Discover Your Learning Style](http://www.studentlingo.com/foothill)http://www.studentlingo.com/foothill  |
| **Memory & Concentration** | * Memory Skills
 | *Study & Critical Thinking Skills in College*, Chapter 9 | [Strategic Learning](http://www.dartmouth.edu/~acskills/videos/video_slcap.html)www.dartmouth.edu/~acskills/videos/video\_slcap.html | [Improving Concentration & Memory](http://www.ucc.vt.edu/academic_support_students/online_study_skills_workshops/improving_concentration_memory/index.html)http://www.ucc.vt.edu/academic\_support\_students/online\_study\_skills\_workshops/improving\_concentration\_memory/index.html |
| **Test Taking Anxiety** | * Tests Taking Strategies
* Tests with Less Stress
 | *How to Study in College*, Chapter 4 | [Stress Management](http://www.dartmouth.edu/~acskills/videos/video_smcap.html)www.dartmouth.edu/~acskills/videos/video\_smcap.html | [Test Anxiety & Test-Taking Strategies](http://www.studentlingo.com/foothill) http://www.studentlingo.com/foothill |
| **Career & College Skills** | * See [workshop schedule](http://deanza.edu/studentsuccess/academicskills/skillsworkshopschedule.html) for current list of topics: http://deanza.edu/studentsuccess/academicskills/skillsworkshopschedule.html
 | *Confident Student*, Chapter 15 | [Resumes, Cover Letters, and Interviewing](https://www.cco.purdue.edu/student/resume/)https://www.cco.purdue.edu/Student/Resume/ | [Academic & Career Exploration](http://www.studentlingo.com/foothill)http://www.studentlingo.com/foothill |

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

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

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| **Course** | [**Textbook Activities for Content Course**](http://www.deanza.edu/studentsuccess/academicskills/textbookactivities.html) | **Lab Requirements** |
| Accounting | [Accounting](http://www.wadsworth.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9780538475006&token=)http://www.wadsworth.com/cgi-wadsworth/course\_products\_wp.pl?fid=M20b&product\_isbn\_issn=9780538475006&token= | * 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://bcs.wiley.com/he-bcs/Books?action=index&itemId=0471473219&bcsId=2118)http://bcs.wiley.com/he-bcs/Books?action=index&itemID=0471473219&bcsID=2118 | * Select a Chapter, Read BioInquiries, and Take (Notes)
* Answer question under Explorations (Journal)
 |
| Economics | [Explorations in Economic Demand, Parts I - III](http://ecedweb.unomaha.edu/Dem_Sup/demand.htm)http://ecedweb.unomaha.edu/Dem\_Sup/demand.htm | * Read Parts I-III and Take (Notes)
* Answer questions under For Discussion (Journal)
 |
| Geography | [Discovering Physical Geography](http://bcs.wiley.com/he-bcs/Books?action=index&itemId=047143860X&bcsId=3332) http://bcs.wiley.com/he-bcs/Books?action=index&itemId=047143860X&bcsId=3332 | * 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://bcs.bedfordstmartins.com/roarkcompact4e/default.asp?s=&n=&i=&v=&o=&ns=0&uid=0&rau=0) http://bcs.bedfordstmartins.com/roarkcompact4e/default.asp?s=&n=&i=&v=&o=&ns=0&uid=0&rau=0 | * Select a Chapter, Read Suggested References, Take (Notes)
* 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=20http://www.cengage.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9780495571704&discipline_number=20)http://www.cengage.com/cgi-wadsworth/course\_products\_wp.pl?fid=M20b& product\_isbn\_issn=9780495571704&discipline\_number=20 | * 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/)http://www.wwnorton.com/college/polisci/irmingst4/  | * 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)http://govt.eserver.org/theory.html | * Choose a Topic, Read Article, and Take (Notes)
* Write an evaluation applying article to class theory (Journal)
 |
| Psychology | [American Psychology Association](http://www.apa.org/topics/index.aspx)http://www.apa.org/topics/index.aspx | * Choose a Topic, Read Articles, and Take (Notes)
* Write evaluation applying topic to class materials/text (Journal)
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Visit <http://www.deanza.edu/studentsuccess/academicskills/skillslabs.html> to review the lab options and lab requirements.