

De Anza College Adjunct Skills 232 & 233 **General Learning Strategies Lab Options**  
 Academic Skills Center \* Library 107A \* (408) 864-8253 \* <http://www.deanza.edu/studentssuccess> --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	<a href="#">Skills Workshops (Weeks 4 - 8)</a>	Skills Books	<a href="#">Internet Videos</a>	<a href="#">Internet Workshops</a>
<b>Time Management</b>	<ul style="list-style-type: none"> <li>Time Management Strategies</li> </ul>	<i>How to Study in College</i> , Chapter 2	<a href="#">Time Management Video</a> www.dartmouth.edu/~acskills/videos/video_tmcap.html	<a href="#">Strategies for Improving Academic Performance</a> http://bit.ly/19C4T9O
<b>Textbook Reading</b>	<ul style="list-style-type: none"> <li>Active Reading: Mark Up Those Texts!</li> <li>Coming Attractions: How to Preview a Text</li> <li>Textbook Reading Skills</li> </ul>	<i>Study &amp; Critical Thinking Skills in College</i> , Chapter 16	<a href="#">Reading Improvement Video</a> www.dartmouth.edu/~acskills/videos/video_ricap.html	<a href="#">Increasing Textbook Reading Comprehension</a> http://bit.ly/HHXf1T
<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="#">Note Taking Video</a> www.dartmouth.edu/~acskills/videos/video_ntcap.html	<a href="#">Taking Effective Notes</a> http://bit.ly/17OfpbU
<b>Critical Thinking &amp; Problem Solving</b>	<ul style="list-style-type: none"> <li>Critical Reading in the Social Sciences</li> <li>Decision Making</li> <li>Engaging Ethics</li> </ul>	<i>Study &amp; Critical Thinking Skills in College</i> , Chapter 7	<a href="#">7 Skills Students Need for their Future</a> http://bit.ly/1asT9jY	<a href="#">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>Editing, Proofreading &amp; Revision</li> <li>Keys to Success in Summary Writing</li> <li>Warming Up to the Writing Process</li> </ul>	<i>Overcoming Hurdles to Success</i> , Chapter 11	<a href="#">How to Write an Effective Essay: The Introduction</a> http://bit.ly/Hi8wxM	<a href="#">Essay Writing</a> http://bit.ly/1asSZJr
<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="#">How to Follow Through and Persist with Your Goals?</a> http://bit.ly/188OZ0R	<a href="#">Motivation &amp; Goal Setting</a> http://bit.ly/1dP6yb2
<b>Learning &amp; Teaching Styles</b>	<ul style="list-style-type: none"> <li>How to Communicate in Study Groups</li> </ul>	<i>Study &amp; Critical Thinking Skills in College</i> , Chapter 8	<a href="#">How to Get the Most Out of Studying</a> http://bit.ly/nK5kpM	<a href="#">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="#">Strategic Learning Video</a> www.dartmouth.edu/~acskills/videos/video_slcap.html	<a href="#">Strategies for Improving Concentration &amp; Memory</a> http://bit.ly/1bcbd4q
<b>Test Taking Anxiety</b>	<ul style="list-style-type: none"> <li>Tests with Less Stress</li> </ul>	<i>How to Study in College</i> , Chapter 4	<a href="#">Stress Management Video</a> www.dartmouth.edu/~acskills/videos/video_smcap.html	<a href="#">Seven Strategies for Improving Test Performance</a> http://bit.ly/188Osfu
<b>Career &amp; College Skills</b>	<ul style="list-style-type: none"> <li>Information &amp; Research Interviews</li> <li>How to Write a Cover Letter</li> <li>How to Navigate the College System</li> </ul>	<i>Confident Student</i> , Chapter 15	<a href="#">The Cover Letter</a> https://www.cco.purdue.edu/Student/Resume/	<a href="#">Academic &amp; Career Exploration</a> http://www.studentlingo.com/foothill

## De Anza College Adjunct Skills 232 & 233 **Content Specific Lab Options**

Academic Skills Center \* Library 107A \* (408) 864-8253 \* <http://www.deanza.edu/studentsuccess> and click Academic Skills

To receive credit, submit work to <https://catalyst.deanza.edu/> for grading before lab deadline.

Course	<a href="#">Learning Strategies for Content Course</a>	Lab Requirements
Accounting	<i>TBA</i>	Students submit <b>one page of Notes</b> and <b>one page, single- spaced Journal</b> about what you learned and how you will apply the Learning Strategy to your academic performance in the content course.
Biology	<i>TBA</i>	
Economics	<i>TBA</i>	
Geography	<i>TBA</i>	
History	<i>TBA</i>	
Nutrition	<i>TBA</i>	
Political Science	<i>TBA</i>	
Psychology	<i>TBA</i>	

Course	Textbook Activities for Content Course	Lab Requirements
Accounting	<a href="http://bit.ly/1gsVjbQ">Accounting</a> http://bit.ly/1gsVjbQ	<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	<a href="http://bit.ly/HKGDWe">BioInquiry: Making Connections in Biology</a> http://bit.ly/HKGDWe	<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	<a href="http://bit.ly/188Pb00">Explorations in Economic Demand, Parts I - III</a> http://bit.ly/188Pb00	<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	<a href="http://bit.ly/17G35wl">Discovering Physical Geography</a> http://bit.ly/17G35wl	<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	<a href="http://bit.ly/lISzEW">The American Promise</a> http://bit.ly/lISzEW	<ul style="list-style-type: none"> <li>▪ Select a Chapter, Read Suggested References, Take (Notes)</li> <li>▪ Answer Making Connections Questions (Journal)</li> </ul>
Nutrition	<a href="http://bit.ly/1gsVtQk">Nutrition Now</a> http://bit.ly/1gsVtQk	<ul style="list-style-type: none"> <li>▪ Select a Chapter, Read Web Links, and Take (Notes)</li> <li>▪ Write answers from Critical Thinking Exercises (Journal)</li> </ul>
Political Science 1 & 2	<a href="http://bit.ly/17OghgJ">American Government and Politics Today</a> http://bit.ly/17OghgJ	<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	<a href="http://www.wwnorton.com/college/polisci/irmingst4/">Essentials of International Relations</a> http://www.wwnorton.com/college/polisci/irmingst4/	<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	<a href="http://govt.eserver.org/theory.html">Government, Law and Society: Political Theory</a> http://govt.eserver.org/theory.html	<ul style="list-style-type: none"> <li>▪ Choose a Topic, Read Article, and Take (Notes)</li> <li>▪ Write evaluation applying article to class theory (Journal)</li> </ul>
Psychology	<a href="http://www.apa.org/topics/index.aspx">American Psychology Association</a> http://www.apa.org/topics/index.aspx	<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>