

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

Academic Skills Center \* ATC 302 \* (408) 864-8253 \* <http://www.deanza.edu/studentsuccess/tutorial/academicskillscenter/index.html>

Lab Requirements: Students submit one page of notes and one page single-spaced 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 your Lab Folder for grading before lab deadline. *Four labs required for four hours of credit to earn a Pass grade.*

Lab#	Study Skills	<a href="#">Skills Workshops</a> (Weeks 4 - 8)	Skills Books	Internet Videos	Internet Workshops
1	Time Management	<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 Video</a> <a href="http://www.dartmouth.edu/~acskills/videos/video_tmcap.html">www.dartmouth.edu/~acskills/videos/video_tmcap.html</a>	<a href="http://www.ucc.vt.edu/lynch/TimeManagement.htm">Strategies for Improving Academic Performance</a> <a href="http://www.ucc.vt.edu/lynch/TimeManagement.htm">http://www.ucc.vt.edu/lynch/TimeManagement.htm</a>
2	Textbook Reading	<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="http://www.dartmouth.edu/~acskills/videos/video_ricap.html">Reading Improvement Video</a> <a href="http://www.dartmouth.edu/~acskills/videos/video_ricap.html">www.dartmouth.edu/~acskills/videos/video_ricap.html</a>	<a href="http://www.ucc.vt.edu/lynch/TRIntroduction.htm">Increasing Textbook Reading Comprehension by Using SQ3R</a> <a href="http://www.ucc.vt.edu/lynch/TRIntroduction.htm">http://www.ucc.vt.edu/lynch/TRIntroduction.htm</a>
3	Note Taking	<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 Video</a> <a href="http://www.dartmouth.edu/~acskills/videos/video_ntcap.html">www.dartmouth.edu/~acskills/videos/video_ntcap.html</a>	
4	Critical Thinking & Problem Solving	<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="http://www.youtube.com/watch?v=NS2PqTTxFFc&amp;feature=fvwr">7 Skills Students Need for their Future</a> <a href="http://www.youtube.com/watch?v=NS2PqTTxFFc&amp;feature=fvwr">http://www.youtube.com/watch?v=NS2PqTTxFFc&amp;feature=fvwr</a>	
5	Essay Writing	<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 Hurttles 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> <a href="http://www.youtube.com/watch?v=IN6IOSMviS4&amp;feature=related">http://www.youtube.com/watch?v=IN6IOSMviS4&amp;feature=related</a>	
6	Goal Setting	<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> <a href="http://www.youtube.com/watch?v=7H2uNICHYtQ&amp;feature=relmfu">http://www.youtube.com/watch?v=7H2uNICHYtQ&amp;feature=relmfu</a>	
7	Learning & Teaching Styles	<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="http://www.youtube.com/watch?v=RH95h36NChI&amp;feature=list_related&amp;playnext=1&amp;list=SP85708E6EA236E3DB">How to Get the Most Out of Studying</a> <a href="http://www.youtube.com/watch?v=RH95h36NChI&amp;feature=list_related&amp;playnext=1&amp;list=SP85708E6EA236E3DB">http://www.youtube.com/watch?v=RH95h36NChI&amp;feature=list_related&amp;playnext=1&amp;list=SP85708E6EA236E3DB</a>	
8	Memory & Concentration	<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 Video</a> <a href="http://www.dartmouth.edu/~acskills/videos/video_slcap.html">www.dartmouth.edu/~acskills/videos/video_slcap.html</a>	<a href="http://www.ucc.vt.edu/lynch/ImprovConcentration.htm">Strategies for Improving Concentration &amp; Memory</a> <a href="http://www.ucc.vt.edu/lynch/ImprovConcentration.htm">http://www.ucc.vt.edu/lynch/ImprovConcentration.htm</a>
9	Test Taking Anxiety	<ul style="list-style-type: none"> <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 Video</a> <a href="http://www.dartmouth.edu/~acskills/videos/video_smcap.html">www.dartmouth.edu/~acskills/videos/video_smcap.html</a>	<a href="http://www.ucc.vt.edu/lynch/SevenStrategies.htm">Seven Strategies for Improving Test Performance</a> <a href="http://www.ucc.vt.edu/lynch/SevenStrategies.htm">http://www.ucc.vt.edu/lynch/SevenStrategies.htm</a>
10	Career & College Skills	<ul style="list-style-type: none"> <li>• How to Write a Cover Letter, Resume</li> <li>• Information &amp; Research Interviews</li> <li>• Navigating the College System</li> <li>• Successful Interviewing Skills</li> </ul>	<i>Confident Student</i> , Chapter 15	<a href="https://www.cco.purdue.edu/Faculty/Resources_HowtoVideos.shtml">All About Resumes, Cover Letters, Interviewing</a> <a href="https://www.cco.purdue.edu/Faculty/Resources_HowtoVideos.shtml">https://www.cco.purdue.edu/Faculty/Resources_HowtoVideos.shtml</a>	

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

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Lab #	Course	Learning Strategies for Content Course (Only one Lab #11 can be submitted for credit)	Lab Requirements
11	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 <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.  Submit work in your Lab Folder for grading before lab deadline.
11	Biology	<a href="http://www.muskingum.edu/~cal/database/content/biology.html">http://www.muskingum.edu/~cal/database/content/biology.html</a>	
11	Economics	<a href="http://www.muskingum.edu/~cal/database/content/economics.html">http://www.muskingum.edu/~cal/database/content/economics.html</a>	
11	Geography	<a href="http://www.muskingum.edu/~cal/database/content/geography.html">http://www.muskingum.edu/~cal/database/content/geography.html</a>	
11	History	<a href="http://www.muskingum.edu/~cal/database/content/history.html">http://www.muskingum.edu/~cal/database/content/history.html</a>	
11	Nutrition	<a href="http://www.muskingum.edu/~cal/database/content/genscience.html">http://www.muskingum.edu/~cal/database/content/genscience.html</a>	
11	Political Science	<a href="http://www.muskingum.edu/~cal/database/content/polisci.html">http://www.muskingum.edu/~cal/database/content/polisci.html</a>	
11	Psychology	<a href="http://www.muskingum.edu/~cal/database/content/psych.html">http://www.muskingum.edu/~cal/database/content/psych.html</a>	

Lab #	Course	Learning Activity to Increase Understanding of Content Course (Only one Lab #12 can be submitted for credit)	Lab Requirements
12	Accounting	<a href="#">Accounting</a> <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>
12	Biology	<a href="#">BioInquiry: Making Connections in Biology</a> <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>
12	Economics	<a href="#">Explorations in Economic Demand, Parts I - III</a> <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>
12	Geography	<a href="#">Discovering Physical Geography</a> <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>
12	History	<a href="#">The American Promise</a> <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>
12	Nutrition	<a href="#">Nutrition Now</a> <a href="http://www.brookscole.com/cgi-brookscole/course_products_bc.pl?fid=M20b&amp;product_isbn_issn=9781439049037&amp;disciplinenum=18">http://www.brookscole.com/cgi-brookscole/course_products_bc.pl?fid=M20b&amp;product_isbn_issn=9781439049037&amp;disciplinenum=18</a>	<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>
12	Political Science 1 & 2	<a href="#">American Government and Politics Today</a> <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	<a href="#">Essentials of International Relations</a> <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	<a href="#">Government, Law and Society: Political Theory</a> <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 evaluation applying article to class theory (Journal)</li> </ul>
12	Psychology	<a href="#">American Psychology Association</a> <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>