Lab Options for Skills 232/233
To pass, submit four labs to Catalyst by Friday of Week 8
http://www.deanza.edu/studentsuccess/academicskills/skillslabs.html

Lab Requirements: For each lab, login to Catalyst and submit to your typed Journal, at least 250 words, describing what you learned and how you will apply the learning skill/study strategy to your academic performance or personal life. For more info, visit website, come to ATC 302, or call (408) 864-8253.

<table>
<thead>
<tr>
<th>Study Skills</th>
<th>Skills Workshops - ATC 303 (Weeks 4 - 8)</th>
<th>Internet Resources</th>
</tr>
</thead>
</table>
| Anti- Procrastination      | • Anti-Procrastination                   | 3 Powerful Techniques To Beat Procrastination  https://www.youtube.com/watch?v=VAbD1cGW5Qk  
Overcoming Procrastination: Causes & Cure  http://www.studentlingo.com/workshop/5124909755/ |
| Critical Thinking & Problem Solving | • Engaging Ethics                      | Habits of Successful College Students-LBCC  https://www.youtube.com/watch?v=JXOHKsUNw  
Thinking Like a Genius  http://studygs.net/genius.htm |
| Goal Setting              | • Goal Setting & Motivation             | How to Set and Achieve any Goal you Have in Your Life  https://www.youtube.com/watch?v=z4dn8N6LRZc  
Motivation & Goal Setting  http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/motivation-and-goal-setting |
| Learning & Teaching Styles | • Communication in Study Groups  
• Teambuilding                      | How to Get the Most Out of Studying  http://www.youtube.com/watch?v=RH95h36NChI&feature=related  
Discover Your Learning Style  http://www.studentlingo.com/workshop/5124953851/ |
| Memory & Concentration    | • Memory Tricks                          | Memory Tricks-LBCC  https://www.youtube.com/watch?v=Ulk9BCRA83Y  
Improving Concentration & Memory  http://www.ucc.vt.edu/academic_support_students/online_study_skills_workshops/improving_concentration_memory/index.html |
| Note Taking               | • Note Taking in Class                   | How to Take Great Notes  https://www.youtube.com/watch?v=UAhRf3U50JM  
Taking Better Lecture Notes  http://www.youtube.com/watch?v=Bvsf591rYWE  
Study Tips and Note-Taking Strategies  http://www.studentlingo.com/workshop/5124966311/ |
| Essay Writing             | • Avoiding Fragments & Run-Ons          | How to write a good essay  https://www.youtube.com/watch?v=IliyFKUFCQno  
5 Tips to Writing the Perfect English Essay  http://www.youtube.com/watch?v=NuTH2ognndo  
Essay Writing  http://owl.english.purdue.edu/owl/resource/685/01/ |
• Effective Body Paragraphs  
• Get the Verb and Tense Right  
• Keys to Success in Summary Writing  
• Subject-Verb Agreement  
• The Writing Process: Prewriting, Editing & Revision
Lab Options for Skills 232/233
To pass, submit four labs to Catalyst by Friday of Week 8
[http://www.deanza.edu/studentsuccess/academicskills/skillslabs.html](http://www.deanza.edu/studentsuccess/academicskills/skillslabs.html)

<table>
<thead>
<tr>
<th>Testing</th>
<th>Textbook Reading</th>
<th>Time Management</th>
</tr>
</thead>
</table>
| • Tests Taking Strategies  
• Tests with Less Stress | • Active Reading: Nonfiction  
• Short Stories | • Time Management Strategies |
| Test Taking Techniques  
[https://www.youtube.com/watch?v=pXNfVs1pPQc&list=PL040FED4F38C6C252&index=5](https://www.youtube.com/watch?v=pXNfVs1pPQc&list=PL040FED4F38C6C252&index=5)  
Test Taking Skills  
[http://www.youtube.com/watch?v=PMkboVM5Cg](http://www.youtube.com/watch?v=PMkboVM5Cg)  
How To Reduce Test Anxiety  
[http://www.youtube.com/watch?v=JPSmXRIlyS8](http://www.youtube.com/watch?v=JPSmXRIlyS8)  
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) | Time Management  
Time Management: Strategies For Success  

<table>
<thead>
<tr>
<th>Course</th>
<th>Textbook Activities for Content Course</th>
<th>Lab Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounting</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Accounting  
• Select a chapter, download Student PowerPoint  
• Create 10 essay questions from key terms under Glossary and Flashcards (Journal) |
| Biology |  
Bio Inquiry: 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 Bio Inquiries  
• 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  
• Answer questions under For Discussion (Journal) |
| Geography |  
Discovering Physical Geography  
• Select Web Resource, choose a chapter, review the annotated web links  
• Write what you learned about the topic (Journal) |
| History |  
The American Promise  
[http://bcs.bedfordstmartins.com/roarkcompact4e/default.asp?&n=&i=&v=&o=&ns=0&uid=0&rau=0](http://bcs.bedfordstmartins.com/roarkcompact4e/default.asp?&n=&i=&v=&o=&ns=0&uid=0&rau=0) |  
• Select a chapter, read Suggested References  
• Answer Making Connections Questions (Journal) |
| Political Science 1 & 2 |  
American Government and Politics Today  
• Select a chapter, review flash cards  
• Select Tutorial Quiz, Write down difficult questions, and Discuss where you found/researched the answers (Journal) |
| Political Science 3 |  
Essentials of International Relations  
• Choose a chapter, read chapter summary  
• 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 articles  
• Write an evaluation applying article to class theory (Journal) |
| Psychology |  
American Psychology Association  
• Choose a topic, read articles  
• Write evaluation applying topic to class materials/text (Journal) |