Engineering 199
Class 3
Effective Study Practices
Exhibit A

What I Didn’t Expect in College

- The first semester started slow then “bang”.
- The teachers didn’t check on whether I was doing my work. This was cool until I realized that I didn’t have the discipline to keep up.
- All of my big tests seem to be in the same week.
- I needed to find classmates who I could study with. My friends from high school were a real problem. They didn’t have to study like I did.
Exhibit B

Time Management Problems

I always thought I was pretty good with time management, but I realized…

- There’s no way that you can get everything done some weeks.
- You have to plan ahead to do well.
- I’d catch up in one class and fall behind in several others.
- It was fun not having anyone nag at me, but I needed a nag more than I realized.
- There are a lot of distractions and you have to learn how to avoid them.
Exhibit C
An Inventory of Your Current Planning

1. Do you keep a list of what you have to do each day?
   □ Yes    □ No

2. Do you have a book where you record all of your assignments?
   □ Yes    □ No

3. Do you have a plan to use the time between classes?
   □ Yes    □ No

4. Do you plan when you are going to do assignments such as reading that aren’t graded?
   □ Yes    □ No

5. Do you plan ahead when you are going to do major assignments?
   □ Yes    □ No

6. Do you have a way to measure how well you did according to your plan?
   □ Yes    □ No

7. Do you reward yourself when you did everything in your plan?
   □ Yes    □ No
Scheduling Your Time During the Day

- Use time between class to get your work done
- Use the Learning centers or the library as a place to study
- Don’t return to your room during the day
- Get lunch at a residence hall nearest your class
- Go to the math learning center to do your homework (you can use this for study lab credit)
- Do your hardest homework earliest in the day
- Quit on Friday as soon as your last class is over.
# Scheduling Your Time During the Day

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Developing a Study Group

■ Few students can do well in engineering without a study group.
■ A study group is an informal group of 3-5 classmates who work together on their homework.
■ Find classmates who you have most of your classes with.
■ Work together in math/ science/engineering classes
■ Challenge each other when preparing for tests.
Other Strategies

- Find someone who is willing to review and edit your papers in English
- Make reading assignments an active exercise
  - Make margin notes
  - Try to find one key point in every paragraph
- Take good notes in class. Learn in class so you don’t have to teach yourself.
  - Be sure to take good notes on the key points the teacher stresses
  - Make a cheat sheet from your notes when you study for a test
  - Review your notes in downtime before classes start and when riding the PRT
- Use a planner to record all of your assignments
Some Student Experiences

- Justin failed math 155 in the fall. In the spring, he went to the Math Learning Center after every math class. He got his homework done within an hour. His grades improved and he got a B in math.

- Levi always had trouble reading. His eyes would go over the words, but nothing registered in his brain. He began looking for one key point in every paragraph. He wrote this key point in his notes. His History grade improved from a 47 on the first test to a B in the class.

- Jayla couldn’t keep track of the work she needed to do. She used the planner she got during orientation to write down all of her assignments. She never missed another assignment.
Exhibit F
How Are You Doing So Far?

1. Have you fallen behind in any class? If yes, which one(s)?
2. Are you doing the reading and the homework even when the teacher doesn’t check up on you?
3. Have you started to prepare for the first big round of tests?
4. Have you said ‘no’ to friends when they want to go out and you have work to do?
5. Are you using your time wisely?
6. Are you keeping track of all of your work in a book?
Exhibit I
Assignment

- Go to the class website.
- Select one of the Intensive Counselor lessons that you think will help you the most. (See next page for list of lessons.) **You only need to do one lesson.**
- Read the material in the lesson.
- Do the assignments.
- Submit your assignments **IN CLASS (DO NOT submit via ecampus)** once they are complete.
- Due dates:
  
  Complete the assignment at the end of the lesson and turn it in class during the week of July 20.
Exhibit J
List of Intensive Counselor Lessons

- **Handling Challenges** – Learning how to confront difficulties and work through them
  - Place challenges in perspective by understanding how serious the challenge is.
  - Analyze the options that you have and select the best option for you.
  - Take actions to confront your challenge rather than to run away from it.
  - Assess how well you did in confronting your challenge.

- **Motivating Yourself** – Learning how to realize and fulfill your potential through your own self management
  - Describe what it means to be self motivated.
  - Evaluate your self motivation.
  - Use self motivation strategies to do your homework.

- **Becoming More Disciplined** – Becoming a person who has her/his act together
  - Describe what self discipline means.
  - Assess your own self discipline.

- **Learning In Class** – Developing strategies to make the most out of classroom presentations
  - Take notes in different types of classes.
  - Pay attention in class.
  - Ask questions when you don’t understand concepts.
  - Adjust your learning approach to different teachers and teaching strategies.

- **Planning Your Day** – Developing a planning habit and using your time wisely
  - Analyze how you plan your day.
  - Develop a plan for your next day.
  - Follow your plan.
  - Measure your results.
  - Learn how to improve your time management.

- **Preparing for Tests** – Learning how to make test preparation more effective
  - Make test preparation a continuous activity.
  - Anticipate what will be on the test.
  - Maximize the material you can absorb by understanding how your brain works.
  - Develop a test taking strategy.
Exhibit J (cont’d)
List of Intensive Counselor Lessons

- **Ex-Stress Yourself** - Learning how to get beyond stress
  - How our minds work to create our experience;
  - What “inner strength” or resiliency is;
  - How we can use that inner strength to overcome stress
  - The internal warning system we all have that helps us keep our balance

- **Taking Tests** – Developing strategies for translating test preparation into successful results.
  - Describe the right frame of mind for taking tests.
  - Develop your test taking confidence.
  - Use test taking strategies for different types of tests.
  - Conduct a debriefing on the test.
  - Manage special test taking challenges you may have.

- **Managing Personal Independence** – Learning how to handle the challenges that arise from being on your own.
  - Describe what it means to balance academic work and having fun.
  - Describe what it means to be irresponsible.
  - Make good choices both daily and long term.