Study Skills

BLOCK off UNDISTRACTED time

BLOCK

- Set a schedule and stick to it!
- Work when you're "on fire"
- Treat this like a part-time job

UNDISTRACTED

- Our brains are terrible multi-taskers!
- Focus cements concepts
- Avoid frequent interruptions
  - Family
  - Pets
  - Social media
  - Texts
  - Your worried brain

Willpower is a Muscle to Build

- 18+ days to form a habit
- Delayed gratification = improved success
- Start small, be consistent!
- Celebrate the wins

Take Care of Yourself

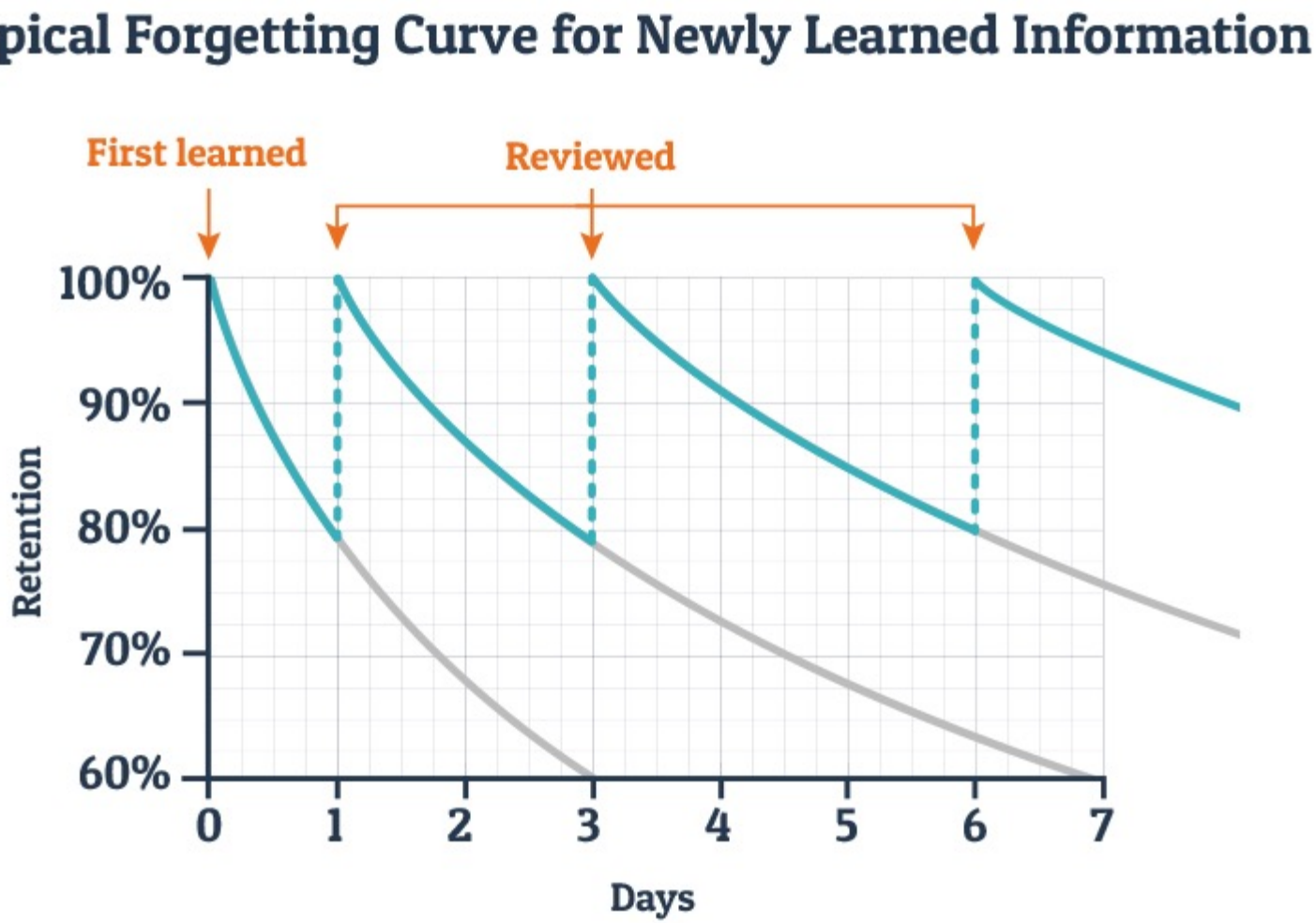
- Brains function better with...
  - Sleep
  - Protein
  - Time to unwind
  - Frequent breaks

- Social support

What’s Important?

- Don’t need to remember everything
- Focus on big-picture concepts
- Review the key terms at the end of the lesson and quizzes on each page to help guide you
- Keep an eye out for repetition

Huh? What was that?



Everyone Learns Differently

- Reading
- Writing
- Listening
- Doing – “Kinesthetic”
- Watching videos

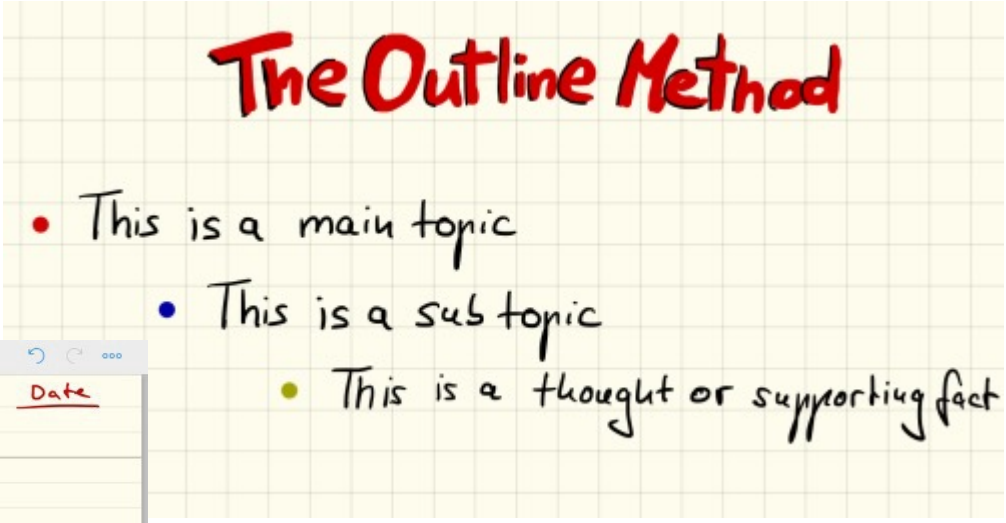
Retaining what You've Learned

- Remember better if you:
  - Process more ways
  - Refresh more times

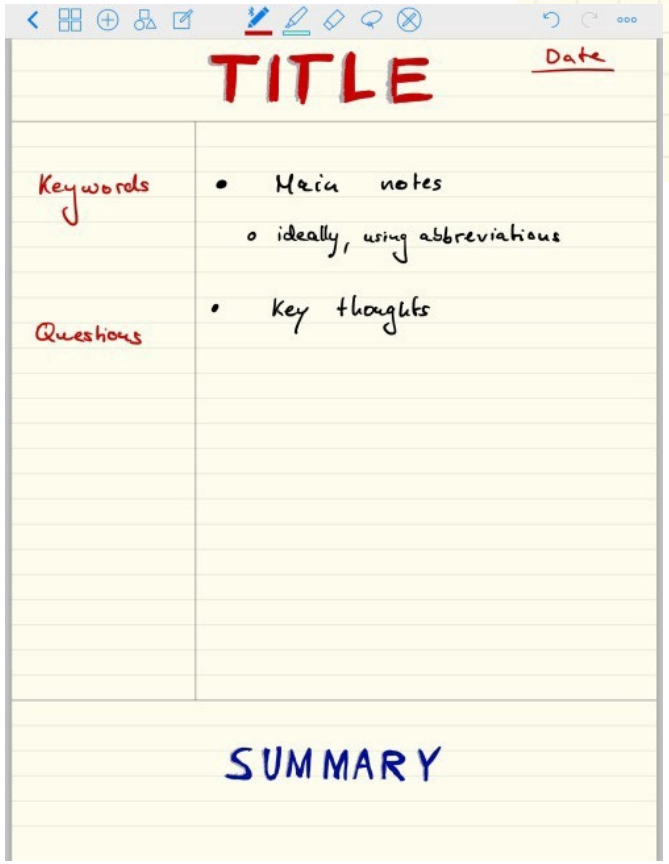
- Explain it to someone else
- Make connections to your life
- Take notes! +50% to retention!

Note-taking Styles

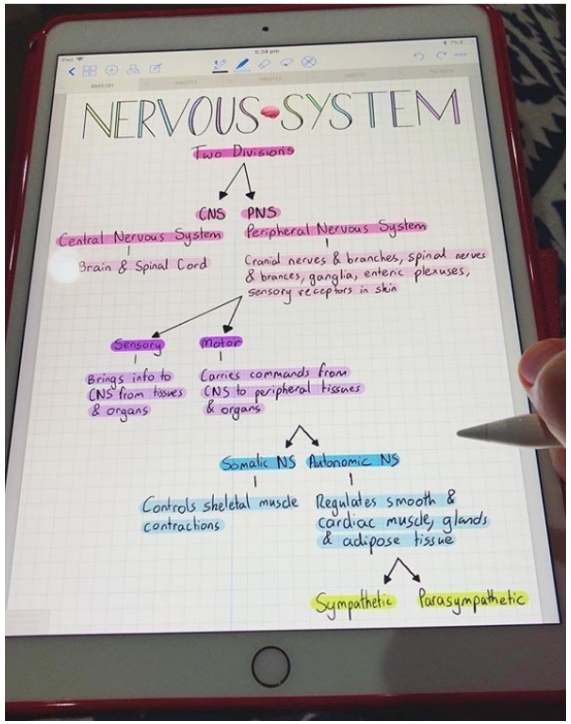
Outline it!



Keep track of key terms and questions!



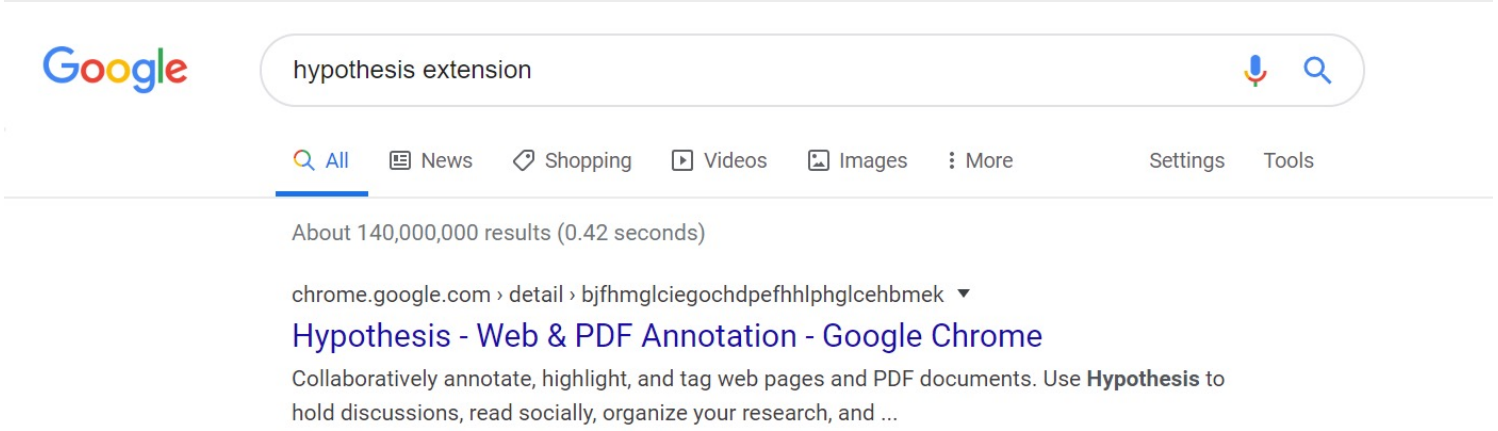
Map it out!

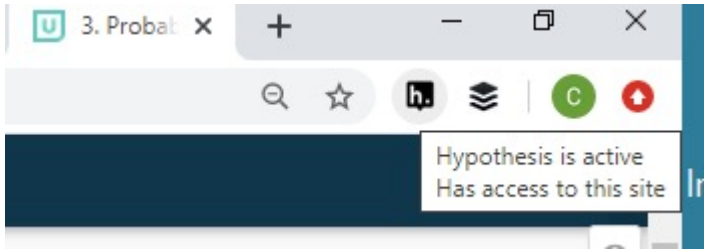


Note-taking Tips

- Short and sweet
- Summarize
- Experiment until you find something that works

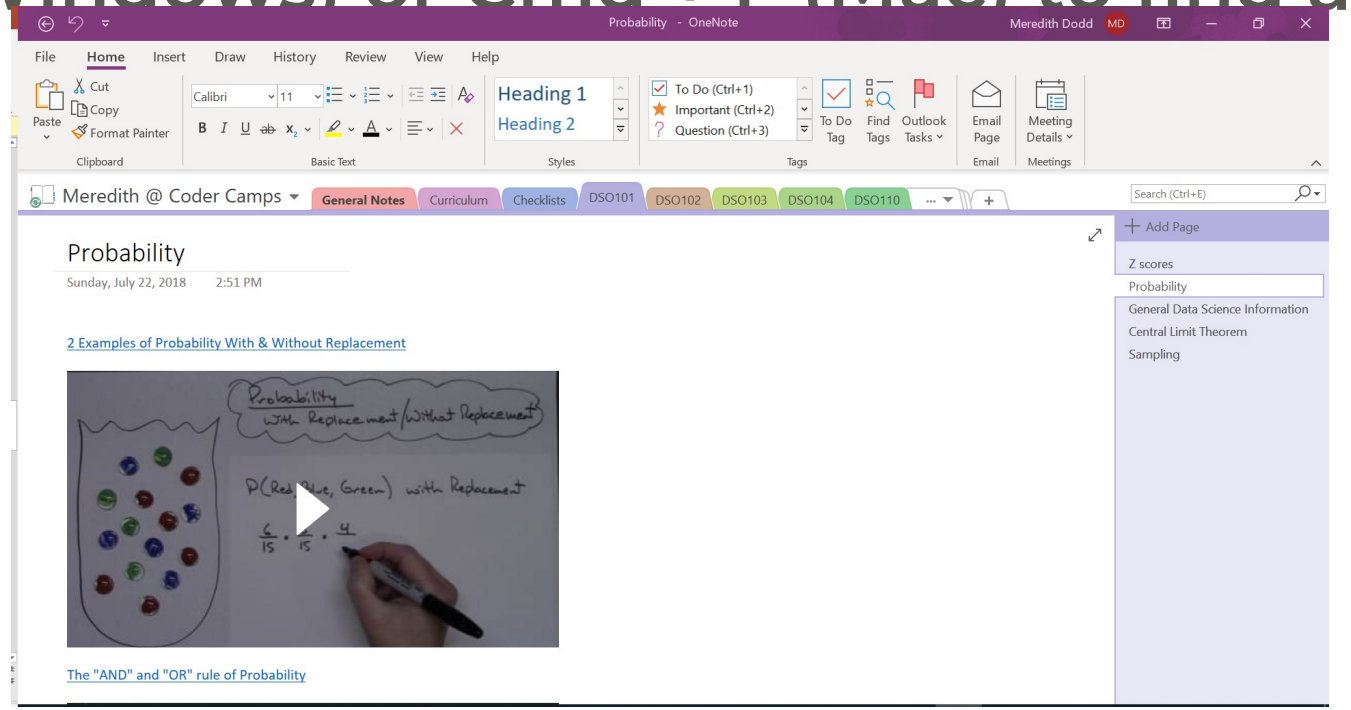
Chrome’s Extension - Hypothesis





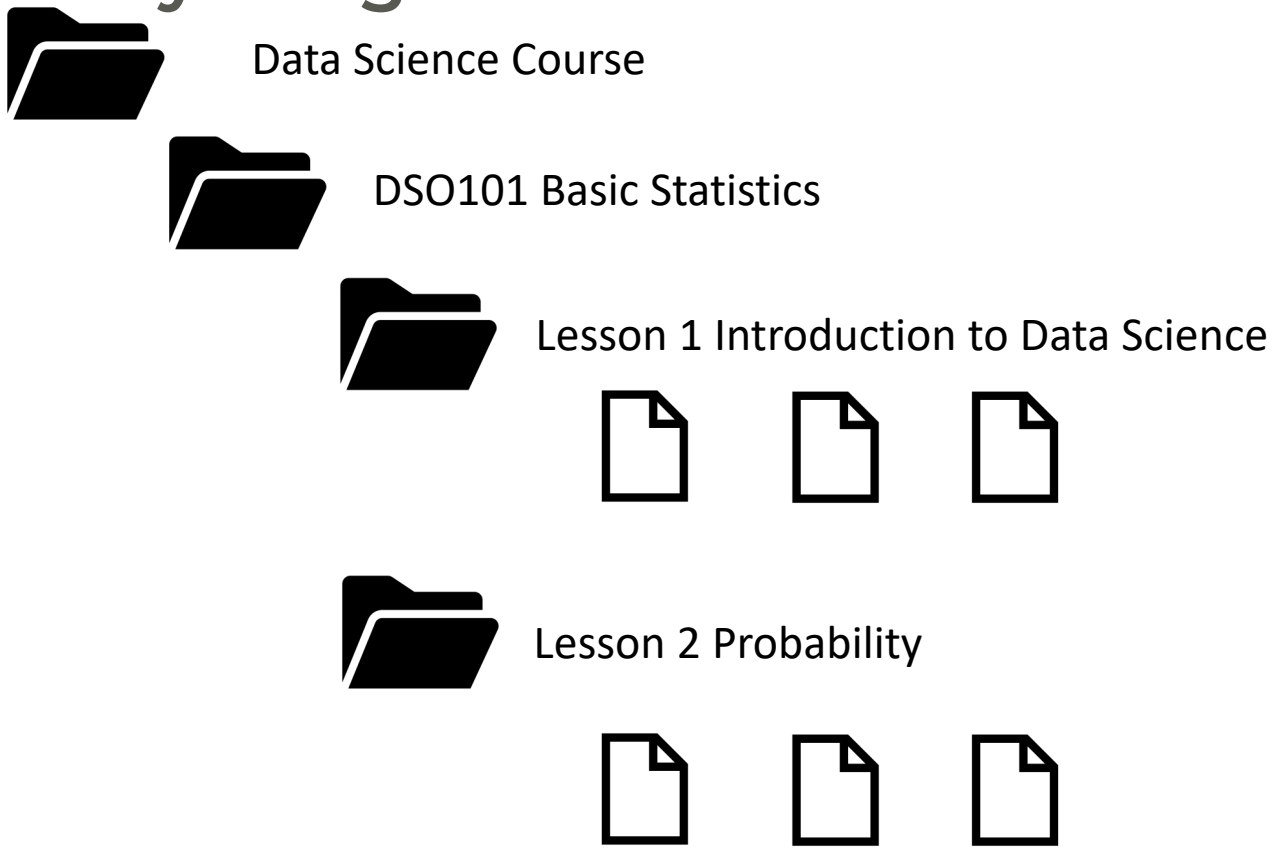
Copy your Classes to Search Later

- Copy into a text document like MS Word or MS One Note
- Ctrl + F (Windows) or Cmd + F (Mac) to find a keyword



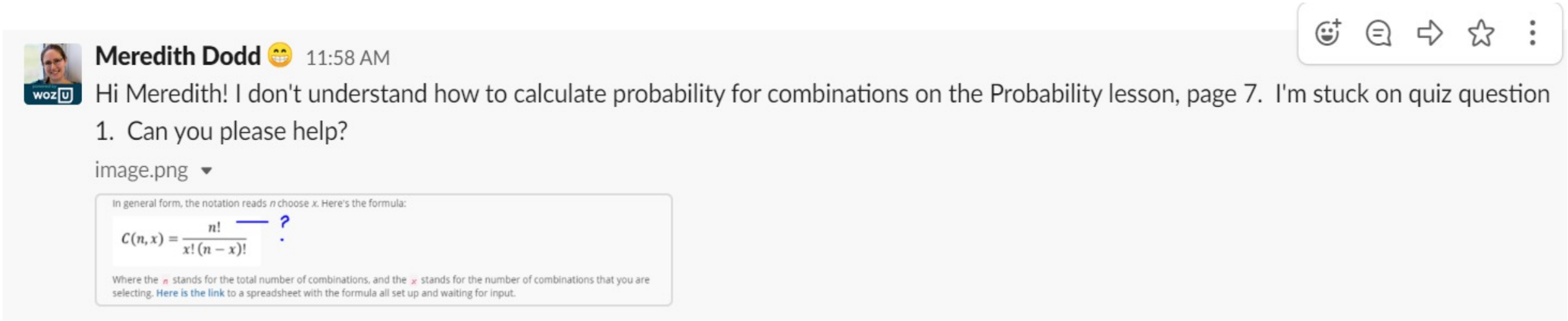
Organize Your Files

- **Set up a file folder system so you always know where everything is!**

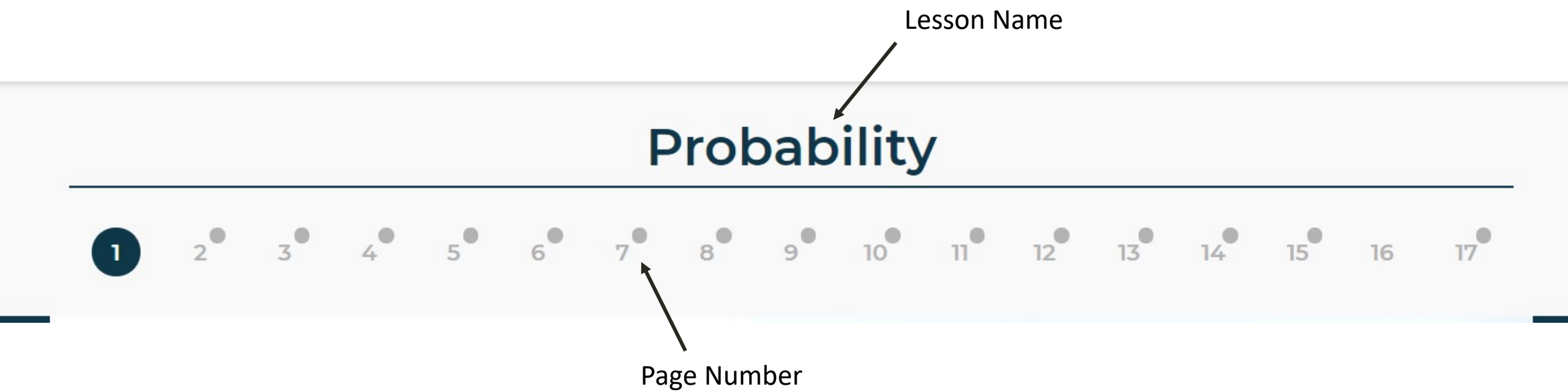


Help us Help you!

- Include the following:
  - Module (DSO101)
  - Lesson Name/Number
  - Page Number
  - Quiz / Exam Question Number

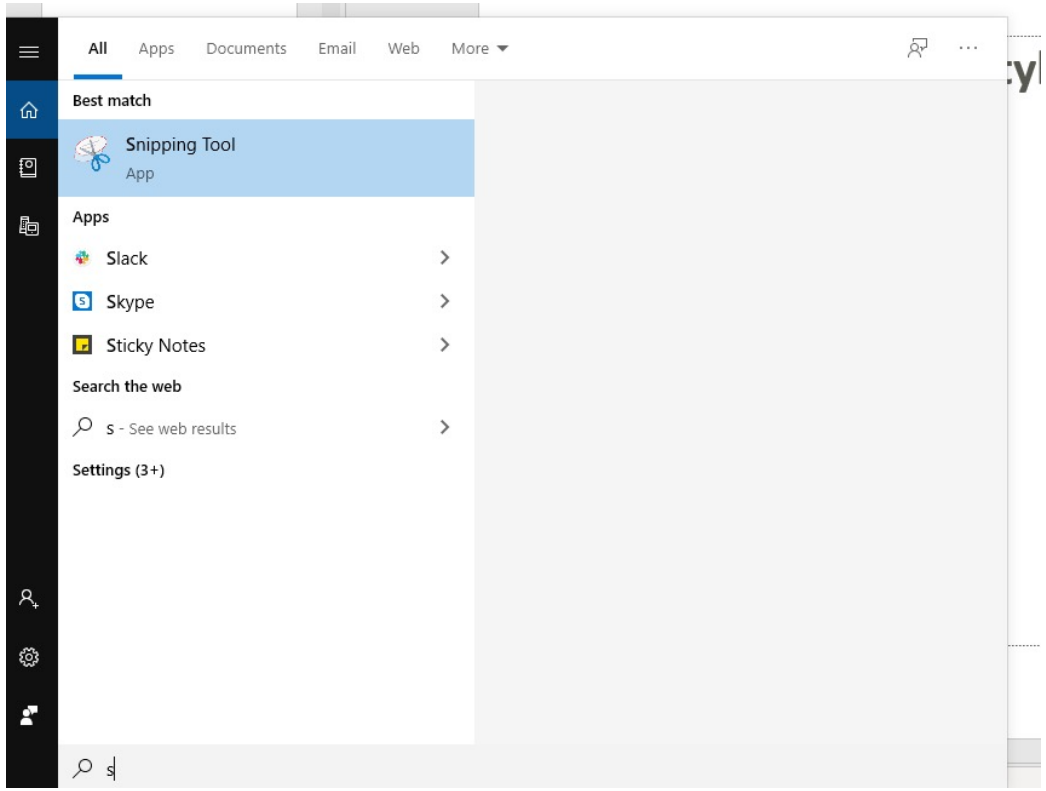


Where can I find that Info?



How do I take Screenshots?

- Windows – Snipping Tool



- Macs
  - Whole Screen: Cmd + Shift + 3
  - Part Screen: Cmd + Shift + 4

Question Away!

- Work ahead before your 1on1 or office hour
- Write all questions down
- Nothing too small or silly!
- Slack and we’ll always get back to you

Questions?