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**Exercise 2: Academic Readiness (Version 2)**

In this exercise you will investigate your current study habits, evaluate your current academic strengths and areas for improvement and identify ways to improve your reading skills.

1. **Study Habits Assessment: Complete the Study Habits Assessment found on page 3-5 of the exercise below. Then answer these 3 questions:** 
   * + - 1. **What was your score?**

My score was 212

* + - * 1. **What is one thing you are doing well based on the assessment results?**

The one thing I am doing well based on the assessment results is time management.

* + - * 1. **What is one thing you want to improve based on your assessment results?**

The one thing I want to improve based on my assessment results is taking exams.

1. Choose a course from this semester or a previous semester where you reached your grade goal. **Explain in detail two strategies you used to reach your grade goal. NOTE: You can use a course from high school if needed for this example if you do not have a college course example.**

The course that I reached my grade goal was Sociology of the Family. The two strategies I used to reach my grade goal were reading and previewing.

1. Identify a course that you are currently concerned about or has previously been a concern. **What is the class And what makes this class difficult for you? What is one thing you can do to improve your success in this course?** NOTE: You can use a course from high school if needed for this example if you do not have a college course example.

The current course I am currently concerned with is my Bio11o class. The difficulties I am having in this course is remembering the difference meaning of cells and they function. I created flash cards to help me remember which is helping me so far.

**5. Review what you learned by summarizing and rewriting the major points of the reading in your own words. This should be approximately 2-3 sentences.**

By rewriting and summarizing what I was reading it helped me to comprehend what I am reading. It also allows me to point out the major points of what I am reading.

**6. When you have gone through the SQ3K method, write a short reflection (2-3 sentences) about how reading it felt in this way. Do you feel like it allowed you to make effectively and actively read? Why or why not?**

I learned better reading by using the SQ3R process which stands for survey, questions, read, recite, and review. I learned that these methods help me to remember what I am reading. It allows me to read effectively and actively and understand what I am reading.