

VANIER

CÉGEP / COLLEGE
Learning Commons



TIME MANAGEMENT
STUDY SKILLS
NOTE-TAKING

TUTORING AND ACADEMIC SUCCESS CENTRE

TASC (E300) (M – F, 9am – 5pm)

SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS

STEM CENTRE (D301) (M – F, 9am – 5pm)

LIBRARY

(F300) (M – F, 9am – 5pm)

THE LEARNING COMMONS

TASC

Tutoring and Academic Success Centre (E300)



Peer Tutoring

**English
(Writing and
Reading)**

Math

Science

Online

<https://bit.ly/TASC-tutoring>

In Person (appointment-based)

<https://www.vaniercollege.qc.ca/learning-commons/book-tutor/>

E300

Writing Centre

Vanier teachers

Appointment assistance
(Teams videocall)

Writing resources

Online

[https://www.vaniercollege.
qc.ca/learning-
commons/writing-centre/](https://www.vaniercollege.qc.ca/learning-commons/writing-centre/)

STEM CENTRE

Science, Technology, Engineering and
Mathematics (D301)



LIBRARY



LIBRARY (F300 ONLY)

Books: [Online requests](#), in-person pickup

Databases: [Online](#)

Laptops: F300 (full day, can use anywhere in school)

Fall Semester Hours

9am – 5pm



TIME MANAGEMENT



900 days spent in high school

66 days to make something a habit

TIME MANAGEMENT

I don't find my _____ course very interesting, so I have a hard time studying the text book and I am always getting distracted and doing other things.

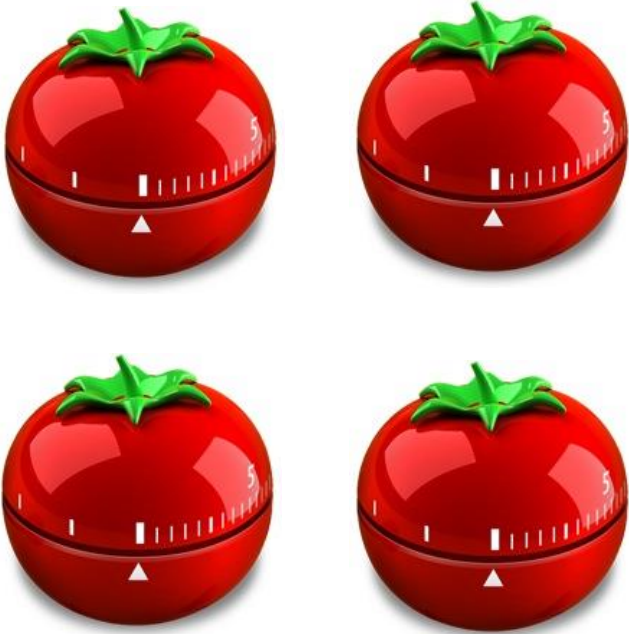
THE POMODORO TECHNIQUE



=

25 minutes work
5-minute break

THE POMODORO TECHNIQUE



=

15 to 30 minutes
break

FOREST

Whenever you want to focus your work, plant trees



In the following time, the tree will grow when you are working



The tree will be killed if you leave this app



The harder you work the lushier your forest is



Detailed Statistics



TIME MANAGEMENT

My _____ course is difficult for me. I
have trouble writing essays! I feel
overwhelmed with the task and keep
putting it off.

TASK LISTS

Final Essay

Research topic	3 hours	14 hours
Organize readings/sources	1 hours	<u>+ 1 hour (sanity zone)</u>
Create thesis statement/get it approved	30 minutes	15 hours
Create outline	1 hour	15 divided by # of weeks until essay is due
Write 1 st draft	4 hours	15 hours/3 weeks
Have it looked at/feedback	1 hour	
Write 2 nd draft	2 hours	
Final edit	1 hour	
References	30 minutes	

**5 hours/week on
final essay**

TIME MANAGEMENT

I have too many assignments and exams!
I'm falling behind in all my classes
because there's just too much stuff to do
and not enough time to do it.

Sept. 2	Sept. 3	Sept. 4	Sept. 5	Sept. 6	Sept. 7	Sept. 8
Sept. 9	Sept. 10	Sept. 11	Sept. 12	Sept. 13	Sept. 14	Sept. 15
Sept. 16★	Sept. 17	Sept. 18	Sept. 19★	Sept. 20	Sept. 21	Sept. 22
Sept. 23★	Sept. 24	Sept. 25★	Sept. 26★	Sept. 27★	Sept. 28	Sept. 29
Sept. 30	Oct. 1	Oct. 2	Oct. 3	Oct. 4	Oct. 5	Oct. 6
Oct. 7★	Oct. 8	Oct. 9	Oct. 10	Oct. 11	Oct. 12	Oct. 13
Oct. 14	Oct. 15★	Oct. 16★	Oct. 17★	Oct. 18★	Oct. 19	Oct. 20
Oct. 21★	Oct. 22★	Oct. 23	Oct. 24★	Oct. 25	Oct. 26	Oct. 27
Oct. 28	Oct. 29	Oct. 30	Oct. 31	Nov. 1	Nov. 2	Nov. 3
Nov. 4★	Nov. 5	Nov. 6	Nov. 7	Nov. 8★	Nov. 9	Nov. 10
Nov. 11	Nov. 12★	Nov. 13★	Nov. 14★	Nov. 15	Nov. 16	Nov. 17
Nov. 18★	Nov. 19	Nov. 20	Nov. 21	Nov. 22	Nov. 23	Nov. 24
Nov. 25	Nov. 26	Nov. 27	Nov. 28	Nov. 29★	Nov. 30	Dec. 1
Dec. 2	Dec. 3	Dec. 4★	Dec. 5★	Dec. 6★	Dec. 7	Dec. 8
Dec. 9★	Dec. 10★	Dec. 11★	Dec. 12	De. 13	Dec. 14	Dec. 15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9				ENGLISH Organize			
9-10							
10-11							
11-12	ENGLISH Research for essay		ENGLISH Research				
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							

Activity

Chat

Teams

Assignments

Calendar

Calls

Files

...

Apps

Search

Vanier College

Calendar

Meet now

Today<>October 2020

	05 Monday	06 Tuesday	07 Wednesday	08 Thursday	09 Friday
7 AM					
8 AM					
9 AM			Sheila Das MLA		
10 AM	Alan Wong MLA	Dana Bath MLA		APA - Sylvie Trudel	
11 AM	Alan Wong MLA	Dana Bath MLA		Scott Cook - Oral Presentations	
12 PM					
1 PM					
2 PM	Maggie Kathwaroon - Essay-writing				
3 PM				Canceled: LC Weekly Check-In Teams Haritos Kavallos	
4 PM					

	9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday
			Remembrance Day; Canada		
10 am	Jet setting oral D507	Prep for workshop		EEE session for Jessica Murphy N526 - 45 min	Ashley
11 00	Admissions marking			Caroline Essay writing workshop D221	Jetsetting oral N526
12 pm			Jet setting oral A001h	Maggie workshop	
1 00			Roles and responsibilities of teachers and TLC N-236 Eric Lozowy		
2 00		Caroline Essay Writing workshop D221	Prep	tlc meeting	
3 00					
4 00	Caroline know thy selfie	Warrior Women workshop A314	EEE session for Jessica Murphy N560 - 45 min	MLA referencing Lidianie N229	Jetsetting oral A302
5 00					
6 00	James et al		Performa - John Abbott		
7 00					
8 00				Bday!	
9 00					
10 00					

Google

☒ joe.hartson@gmail...

☐ Pi Kappa Phi

iCloud

☒ Home

☒ Work

☐ UCA

Uams

☒ Calendar

Subscriptions

☐ Birthdays

4 June 2013

Su	Mo	Tu	We	Th	Fr	Sa
28	27	26	25	24	23	22
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

June 2 - 8, 2013

◀ Today ▶

all-day	2 Sunday	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday	8 Saturday
7 AM							
8 AM		Bike			Bike	Bike	
9 AM			Travel Reservation- Office of Purchasing	Breakfast with Tiffany	UAMS Orientation Prep	Thesis Writing	
10 AM		Work					
11 AM			Thesis Writing	LEAD 6315		LEAD 6315	
Noon					Lunch		
1 PM				College Bound Prep	Thesis Writing	Movie with Amanda	
2 PM			Lunch with Adam Pbox42				
3 PM			T. Pigreen				
4 PM							
5 PM		Dinner and Nightly News	Dinner and Nightly News	Dinner and Nightly News	Dinner and Nightly News	Dinner and Nightly News	
6 PM							



Calendar

Today



Jun 2 - 8, 2013

Day

Week

Month

4 Days

Agenda

More ▾



CREATE ▾

June 2013 < >

S M T W T F S

28 27 26 29 30 31 1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30 1 2 3 4 5 6

My calendars ▾

Other calendars ▾

Add a friend's calendar

☐ US Holidays

GMT-05	Sun 6/2	Mon 6/3	Tue 6/4	Wed 6/5	Thu 6/6	Fri 6/7	Sat 6/8
7am		7:30 - 9 Bike			7:30 - 9 Bike	7:30 - 9 Bike	
8am				8 - 9:30 Breakfast with Tiffany			
9am			9 - 11 Travel Reservation- Office of Purchasing		9 - 12p UAMS Orientation Prep	9 - 10:30 Thesis Writing	
10am		10 - 4:30p Work		10:30 - 12:30p LEAD 6315		10:30 - 12:30p LEAD 6315	
11am			11 - 1:30p Thesis Writing				
12pm					12p - 1p Lunch		
1pm			1:30p - 2:30p Lunch with Adam	1p - 4:30p College Bound Prep	1p - 4:30p Thesis Writing	1p - 4:30p Movie with Amanda	
2pm			2:30p - 4p T. Pilgreen				
3pm							
4pm							
5pm		5p - 6:30p Dinner and Nightly News	5p - 6:30p Dinner and Nightly News	5p - 6:30p Dinner and Nightly News	5p - 6:30p Dinner and Nightly News	5p - 6:30p Dinner and Nightly News	
6pm							

TIME MANAGEMENT SOLUTIONS

GOAL-SETTING

SMALL TASKS

REWARD SYSTEM

SCHEDULE

STUDY SKILLS

The Mental Blur



Short and Long Term Memory

Short-term Memory

Holds words long enough to gain understanding of the sentence

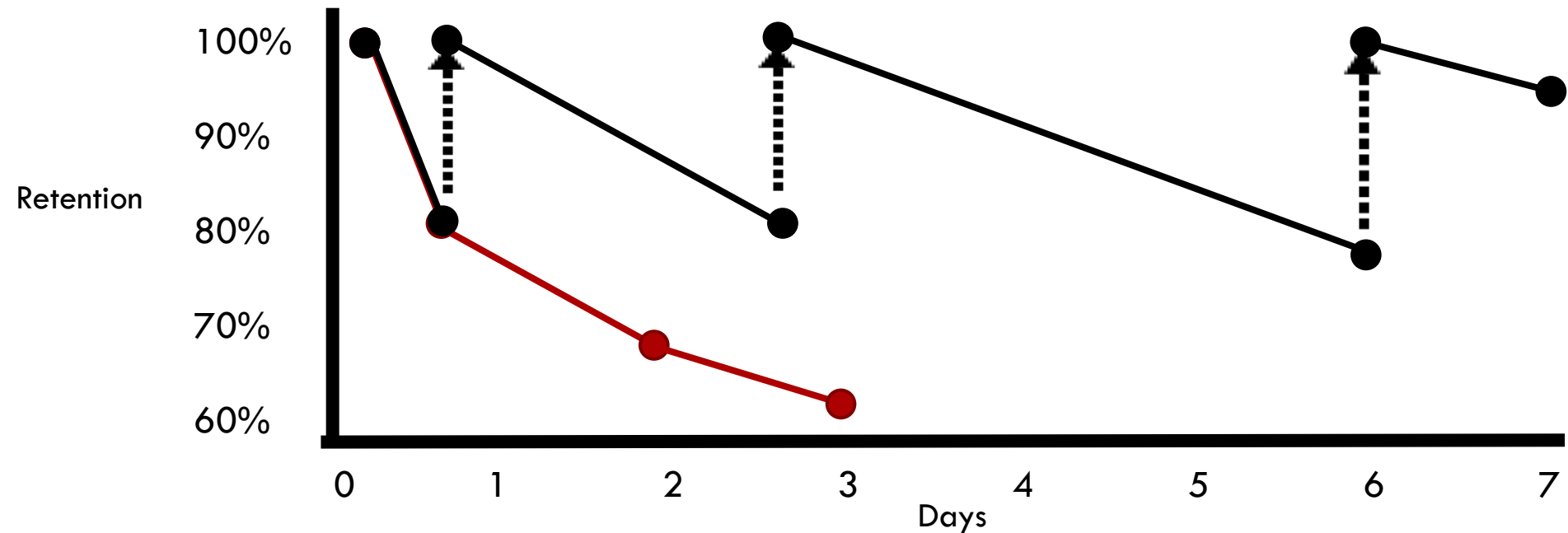
Fixed limits

Long-term Memory

Recitation and review brings material into long-term memory

Unlimited capacity

Forgetting / Remembering



Flashcards

What are the _____? (5)

(p. 25)

Flashcards

- 1.
- 2.
- 3.
- 4.
- 5.

STUDY SKILLS FOR ONLINE LEARNING



- Study space
- Limit distractions ([Cold Turkey](#))
- Log in regularly
- Participate (in-class, discussion forums, etc.)
- Take notes
- Online study groups/partners
- Ask questions

NOTE-TAKING

(and active reading!)

NOTE-TAKING

Prepare to take notes

Take concise, organized notes

Review notes

WHEN TO TAKE NOTES

Whiteboard (PowerPoint slides)

Repetition

Emphasis (tone and time)

Word signals (important, first, next)

Summaries and reviews

HOW TO TAKE NOTES

Brief/paraphrase

Consistent abbreviations and symbols

“At the end of the twentieth century the United Kingdom’s population, at around sixty million, was similar to that of Italy, but Italy’s population was shrinking because its birth rate had fallen below its death rate. The UK’s population was still growing, albeit very slowly – at a rate of 0.09% between 1995 and 2000.”

end 20C UK pop c60m \approx I. BUT I. \downarrow due BR < DR – cf. UK \uparrow slow ie 0.09% 95–2K

HOW TO TAKE NOTES

Use a system

- (1) Outlining
- (2) Margin notes
- (3) Concept-mapping

(1) OUTLINING

I. First level is for new topics/general

a) This concept applies to (I)

i) This applies to (a)

ii) This is a 2nd supporting piece of info for (a) but equal to (i)

b) This concept applies to (I) and is equal to (a)

II. Outlining is written in points in an organized way

a) Advantages include

i) Well-organized

ii) Records relationships and events

iii) Easy to review by turning points into questions

UNIVERSAL CHARACTERISTICS OF RELIGION

Yeah, right!



DUMB QUESTION.



III UNIVERSAL CHARACTERISTICS — ALL RELIGIONS HAVE THEM

A. SUPERNATURAL BEINGS

1. BEINGS THAT ARE POWERFUL ENOUGH TO CREATE EARTH
2. GHOSTS, SPIRITS, EVIL FORCES. (CAN'T BE TRUSTED.)

B. CREATION THEORIES

1. EXPLAINS HOW THINGS CAME INTO BEING.
2. ANSWERS THE QUESTION OF "WHY"
 - a) WITHOUT A "WHY" THERE WOULD BE NO PURPOSE FOR BEING. JUSTIFIES LIFE ON EARTH.
3. EXPLAINS HOW MAN IS A PART OF A DIVINE PROCESS HAS A BEGINNING AND AN END.

C. DIVINATIONS

1. PRAYERS OR PROMISES TO S.B. SPOKEN ALOUD.
2. REQUESTING SOMETHING FROM SUPERNATURAL BEINGS

D. MIRACLES — SUCCESSFUL RESULTS FROM PRAYERS.

EX: DROUGHT ENDS, GRANDMA GETS WELL, PASS TEST.

E. LIFE AFTER DEATH

1. THE BELIEF THAT AFTER A PERSON DIES, THEIR SOUL GOES SOMEWHERE ELSE OR REINCARNATES.
2. THE BELIEF IN SOULS.

F. FUNERALS / BURIAL RITES

1. SAYING WORDS OF PRAISE/THANKS AFTER SOMEONE HAS DIED
2. BURNING OF PERSONAL OBJECTS OR FURNING.
3. PROVIDING A RESPECTFUL SHUT-OFF FOR SPIRITS SO THEY WON'T RETURN SEEKING VENGEANCE.

DEBATE QUESTION:

WHICH RELIGION IS MORE SIGNIFICANT:
RELIGION OR NATIVE AMERICAN RELIGIONS?

S.L. F.N.

K.N.

- MORE PEOPLE BELIEVE
- SHAPED WESTERN CIV.
- BELIEVE IN ONE GOD
- 10 COMMANDMENTS
- SIMILAR TO CHRISTIANITY

T.E. L.I. ↓

- OLDER RELIGION
- MANY AMERICANS BELIEVE
- DEALS WITH BEING AT ONE WITH NATURE
- BALANCE WITH ANIMALS.

Hemispheric dominance

inclusiveness - increasingly important. Stds. process information in different ways - r/L hemisph.

Prashnig - right - fantasy / random / intuitive / holistic
- left - logical / sequential / analytical / objective

Study environment (Prashnig) - right = easily distracted
left = traditional / well lit room.

Integration = important element - makes it easier to adjust

NLP - we use both sides of the brain instinctively in language processing, e.g syntactic ambiguity.

Tests for hemispheric dominance $\begin{cases} \rightarrow \text{dominance inventory} \\ \rightarrow \text{visual / optical tests} \\ \rightarrow \text{chevrons in shape} \end{cases}$

Implications: (a) Traditional methods do not suit all children.

(b) Need more use of computers, fantasy and visualisation; also humour.

(c) Alterations in process of assessment to suit all learning styles.
+ Multiple intelligences.

(2) MARGIN NOTES

- Dialogue with the text
- Quick thoughts as you read
- Identify things you are uncertain about (?, *)
- Short, symbols, punctuation marks
- Summaries

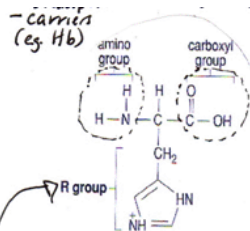


Figure 3.12 Structure of the amino acid histidine.

Chemically proteins are polymers made from the elements carbon, hydrogen, oxygen and nitrogen. The building blocks are called amino acids, and there are 20 different amino acids, of which eight are essential; these are another example of an essential nutrient. All the amino acids have a standard type of molecular structure; they contain a carboxyl (COOH) group, an amino (NH₂) group and a side chain or R group, which differs for each amino acid (Figure 3.12). The structure of the R group is crucial because it determines the shape and chemical properties of the amino acid. Table 3.8 shows the 20 amino acids found in proteins. You do not need to learn the amino acid structures but do notice the differences between the amino acids because this is what gives each amino acid its own specific nature.

- What differences do you notice between the R groups of the amino acids?
- The R groups differ in shape, size and charge.

Histidine, tyrosine and cysteine are not essential amino acids, but they can only be synthesized from particular essential amino acids. The rest of the non-essential amino acids can be made from a variety of essential amino acids, and by interconversion among themselves. Arginine is made only in small amounts and so must also be included in the diet for young children.

A protein is a polymer of amino acids. The amino acids join together in a chemical reaction, as illustrated in Figure 3.13 where glycine and alanine are linked together to form a dipeptide. The name of the chemical bond between the amino acids is a peptide bond.

- From Figure 3.13 decide whether the peptide bond is an example of ionic or covalent bonding.
- A peptide bond is a covalent bond (Chapter 2).
- The reaction to join two amino acids together is known as a condensation reaction. If you look at Figure 3.13 can you suggest why this is so?

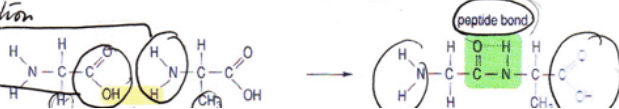


Figure 3.13 How two amino acids join together to form a

STRUCTURE

- polymers (repeat units)
- α building blocks
- 20 sorts α
- 8/20 = essential (needed) in diet

- α structure
 - all have -COOH ('C')
 - NH₂ ('N')
 - 'R' side chain (20 × R)

- Chain formation
 - condensation reaction
 - 'C' & 'N' ends

Francesco Petrarch (1304-74), Sonnet 190

A DOE of purest white upon green grass wearing two horns of gold appeared to me between two streams beneath a laurel's shade at sunrise in that season not yet ripe.

doe = tender, innocent, deer ('dear')
laurel = lauree

The sight of her was so sweetly austere that I left all my work to follow her, just like a miser who in search of treasure with pleasure makes his effort bitterless.

drop elt to follow the lady

'No one touch me,' around her lovely neck was written out in diamonds and in topaz, 'It pleased my Caesar to create me free.'

Shift in statim: He can't touch her (class?)

The sun by now had climbed the sky midway, my eyes were tired but not full from looking when I fell into water, and she vanished.

[Icarus?] → He tries to get too close to the sun or Narcissus - (a love of himself, fell into the water)

(laurel tree flowering over the stream - poet crowned w/ laurel leaves) ***

Sir Thomas Wyatt (1503-42), Translation/Adaptation of Petrarch's Sonnet 190

Whoso list to hunt, I know where is an hind But as for me, alas, I may no more: The vain travel hath wearied me so sore: I am of them that farthest comest behind.

about Anne Boleyn, a woman Henry VIII became interested in 1526

Yet may I by no means my wearied mind Draw from the Deer: but as she fleeth afore Fainting I follow. I leave off therefore: Since in a net I seek to hold the wind.

Hunt = wearying to the poet
poet as slave to the lady

Who list her hunt I put him out of doubt, As well as I may spend his time in vain: And, graven with Diamonds, in letters plain There is written her fair neck round about:

Shift
off limits → a/b's search for lady = in vain

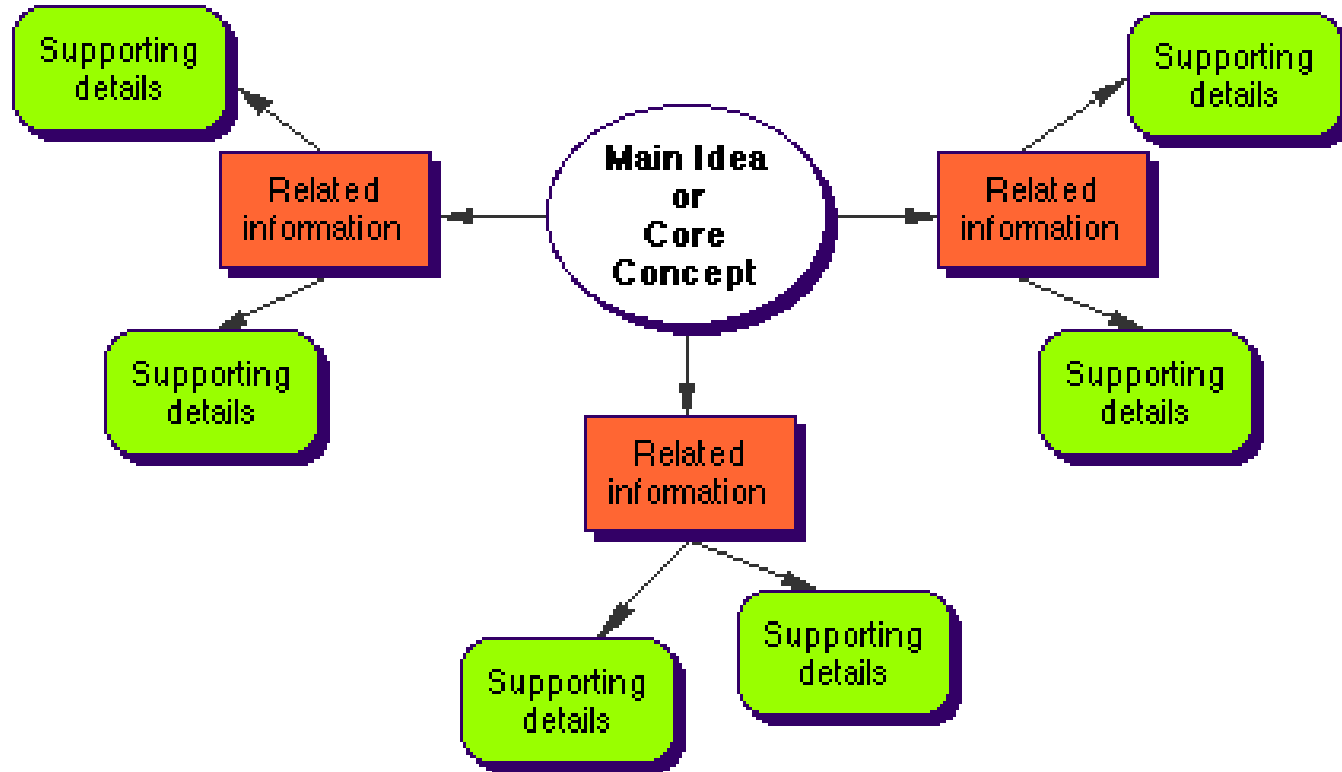
Noli me tangere, for Caesar's I am, And wild for to hold though I seem tame.

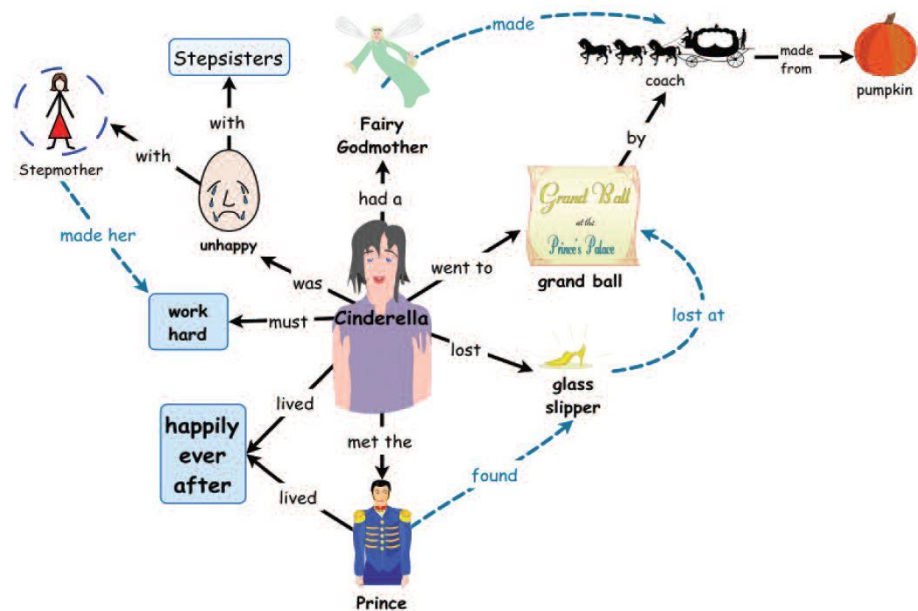
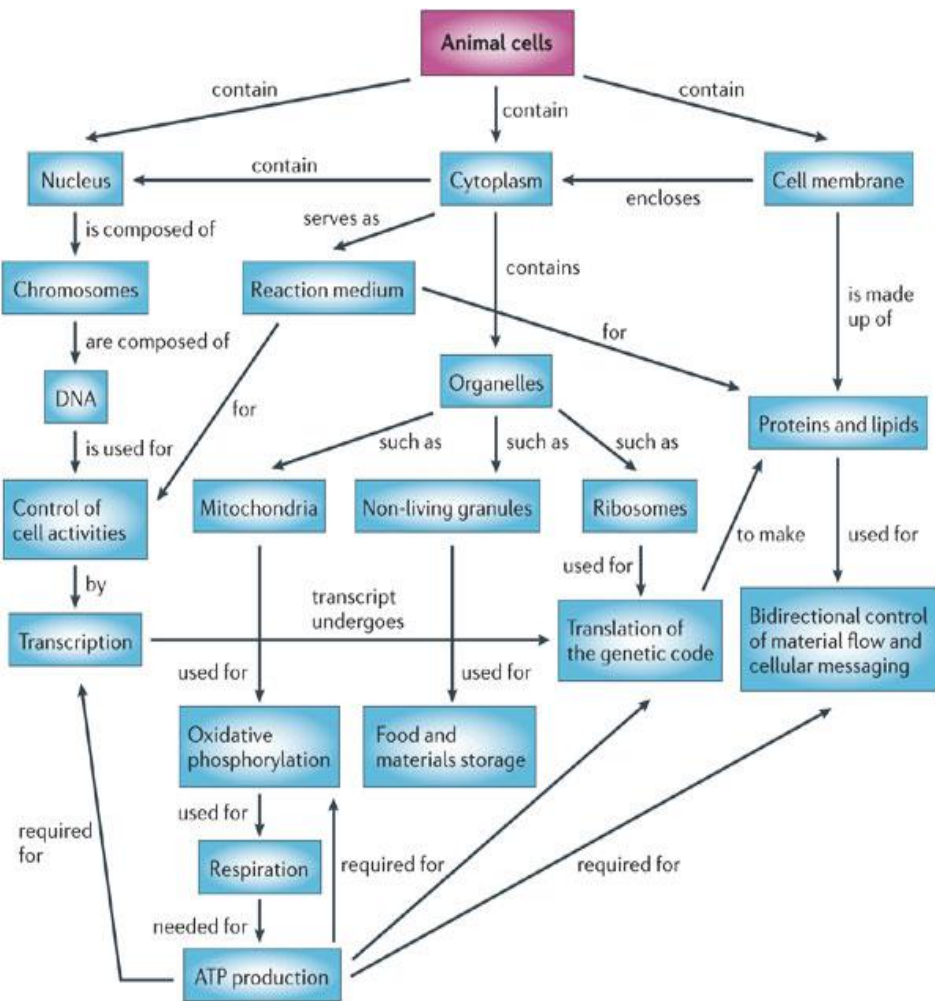
Touch me not (iscribed on collar of Caesar's hands - + then safe from hunters)

loose rep. of Petrarch's line

Caesar's veiled allusion to Henry VIII

(3) CONCEPT-MAPPING





QUIZ – 10 QUESTIONS

<https://forms.gle/op9sDNqchv28rcUq5>