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 multitaskers!
- 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

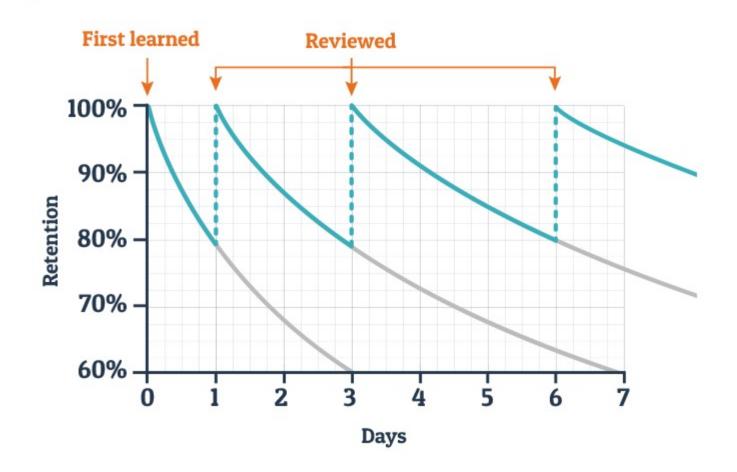
- Brains function better with...
 - Sleep
 - Protein
 - Time to unwind
 - Frequent breaks
- Social support

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?

Typical Forgetting Curve for Newly Learned Information



Everyone Learns Differently

- Reading
- Writing
- Listening
- Doing "Kinesthetic"
- Watching videos

Retaining what You've Learned

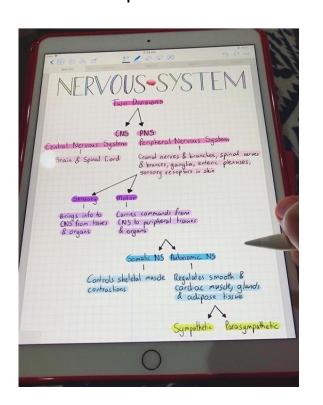
- Remember better if you:
 - Process more ways
 - Refresh more times

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

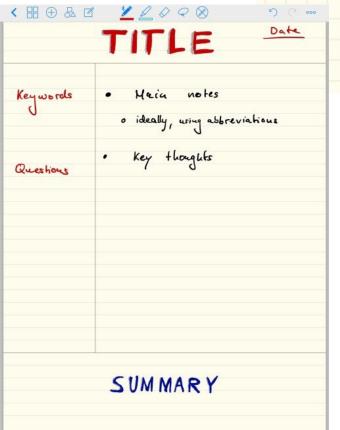
Outline it!

Note-taking Styles

Map it out!



Keep track of key terms and questions!



The Outline Method

· This is a main topic

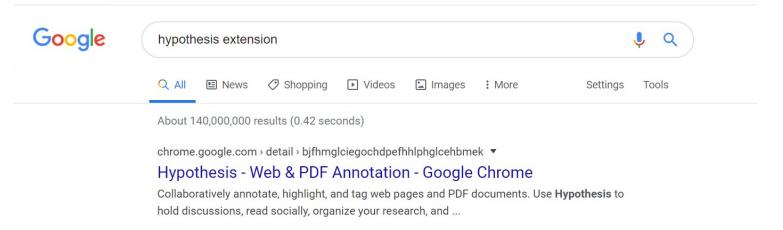
· This is a subtopic

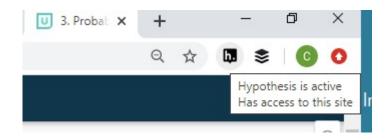
. This is a thought or supporting fact

Note-taking Tips

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

Chrome's Extension - Hypothesis





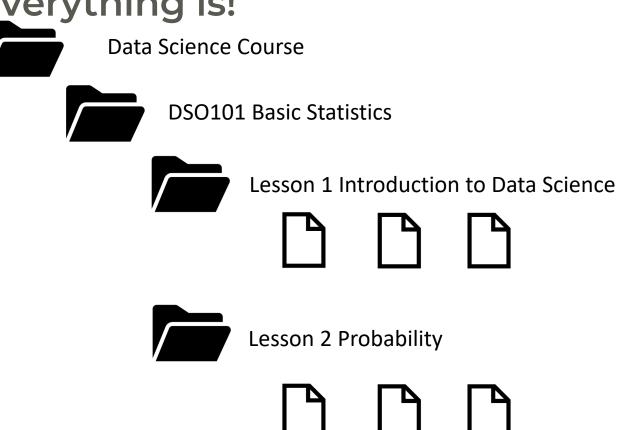


Copy your Classes to Search Later

- 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

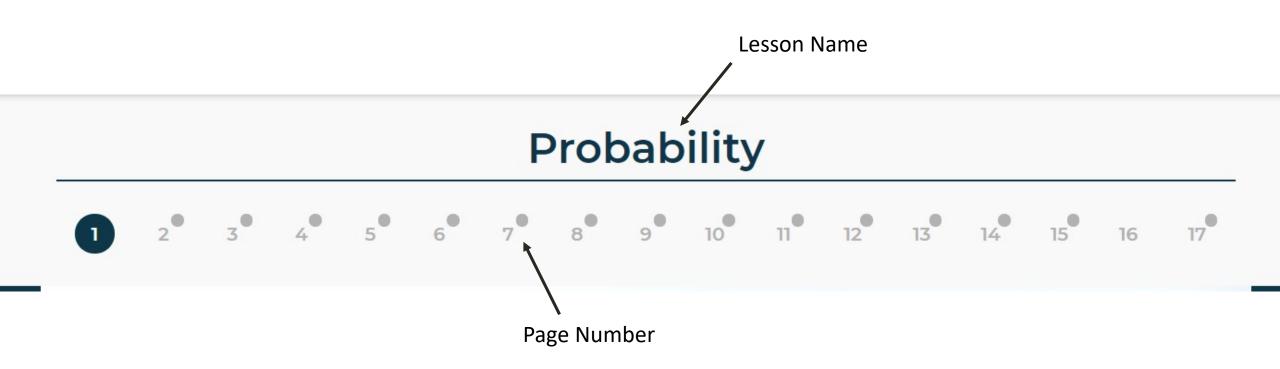
 Set up a file folder system so you always know where everything is!



Help us Help you!

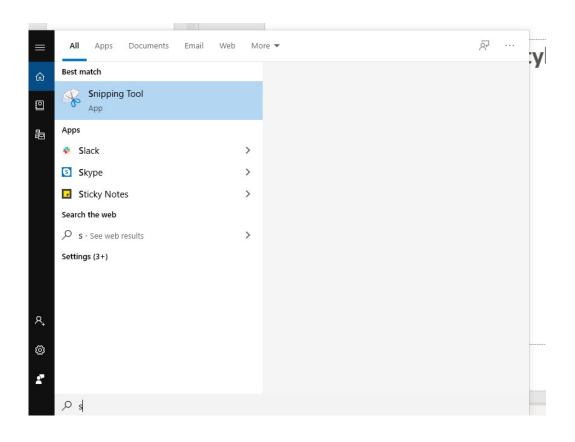
- Include the following:
 - Module (DSO101)
 - Lesson Name/Number
 - Page Number
 - Quiz / Exam Question
 Number
 - Any details you can
 - Screenshots if needed

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 lonl or office hour
- Write all questions down
- Nothing too small or silly!
- Slack and we'll always get back to you

Questions?