

(10 points). Study Skills

(all responses to be typed)

A successful college career, or any career for that matter, is difficult to attain if you are not careful with your time. Adjusting to college can be particularly difficult because you now have a degree of independence that is probably far greater than anything that you have had before - no parents, no teachers (Alice Cooper, anyone?) in the hallways looking for passes. This does not mean, however, that you have tons of free time (no Lynyrd Skynyrd FreeBird??). You will probably end up having far less free time than you have ever had before -- college is demanding!

To help manage your time, it is important to define a weekly schedule, and stick to that schedule. This assignment will give you some clues to successful time management by helping you understand your own study strengths and weaknesses.

1. Assessment of your study skills.

- a. Prepare a list of study strategies you already use to assist you in your studying.
- b. In what areas of studying do you anticipate difficulties? (e.g., staying awake in class, hard time concentrating, easily distracted, Monday night football)
- c. What strategies, perhaps based on the suggestions from the reading, might you employ to help you with your anticipated difficulties?

2. Study environment.

- a. What environment makes the best study condition for you (e.g. library, kitchen table)? Why?
- b. What environment makes the worst study condition for you (busy room, classroom)? Why?
- c. Identify at least two locations on campus besides your dorm room that are suitable study environments. Be specific.

3. Daily schedule.

- a. Your schedule. Using the Excel file that I have sent to you, and which is on the back of this sheet, fill out the attached schedule. Be sure to include scheduled courses, meal times, study time, athletic practice, extracurricular events, R&R, church, etc. Your schedule will obviously change somewhat over the course of the semester, but the closer you adhere to a fixed plan, the easier you will settle into a routine that will help you adjust to college life and its many time demands. Keep one printed copy for yourself; hand in the other copy to me.
- b. Adherence to schedule. For the next week, keep track of how well you adhere to your schedule. For each day, keep track of the number of hours you kept to your schedule, and the number of hours you missed your schedule. Prepare a table that contains the following information:

Total hours in week

Hours spent:

Sleeping

Grooming (showering, etc.)

Maintenance (laundry, room cleaning, etc.)

Recreation

Socializing, social engagements

Sports

In class

Studying

Other categories as needed

Your name

Fall 2008

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