

I. COURSE INFORMATION

- A. Student Success Center 105 Mastering College Study Skills
- B. 1 credit hour
- C. No textbook required
- D. Prerequisites: None

II. COURSE DESCRIPTION

Mastering College Study Skills is a one (1) credit hour, eight week course designed to provide the student with concepts and skills to help improve the effectiveness of study habits. This course is offered in a contracted study format.

III. LEARNING OUTCOMES

- A. Identify personal study skills strengths and weaknesses
- B. Learn not to procrastinate
- C. Learn effective test-taking skills
- D. Know effective ways to read a textbook
- E. Learn effective listening skills
- F. Learn effective note-taking skills
- G. Learn to summarize lectures
- H. Learn effective memory techniques
- I. Learn and evaluate personal learning styles and how to utilize them
- J. Learn goal setting techniques
- K. Learn ways to increase academic motivation
- L. Describe several methods of stress management
- M. Learn effective time management principles

IV. MAJOR CONTENT AREAS

- A. College orientation
- B. Identification of personal learning style preferences
- C. Setting goals
- D. Time management
- E. Reading comprehension strategies
- F. Critical reading
- G. Memorization
- H. Test taking

V. ASSIGNMENTS (may include but are not limited to)

- A. Study skill assignments

VI. EVALUATION METHODS (may include but are not limited to)

- A. Weekly appointments with instructor
- B. Thorough and timely completion of assignments