



You're Not in High School Anymore!

Study Skills Workshop
Presbyterian College
Career Services and Internships
Fall 2008



Topics for Discussion

- Study?
- Do you have an attitude?
- Are you distracted?
- “Do I really have to read?”
- The correct way to read
- Taking Notes
- “Is that going to be on the test”?
- “You do WHAT?”
- What were they thinking?

Study

- STUDY (according to Webster)
 - To read in detail especially with the intention of learning
 - Application of the mental faculties to the acquisition of knowledge





Your Attitude

- Difference between high school and college
- Consider it a full-time job
 - “2 for 1” rule
- Remember your investment
- Don't lose sight of your goals!

DISTRACTIONS!

- Facebook,
- Facebook,
- Facebook!



- Phone calls
- TV
- Movies
- Video games
- Friends
- Parties
- Sleep
- Food



Reading

- 85% of all academic work involves reading!
- Average attention span for freshmen?
 - Do you enjoy reading?
 - Do you read for pleasure?
 - When do you read?
 - How do you read?



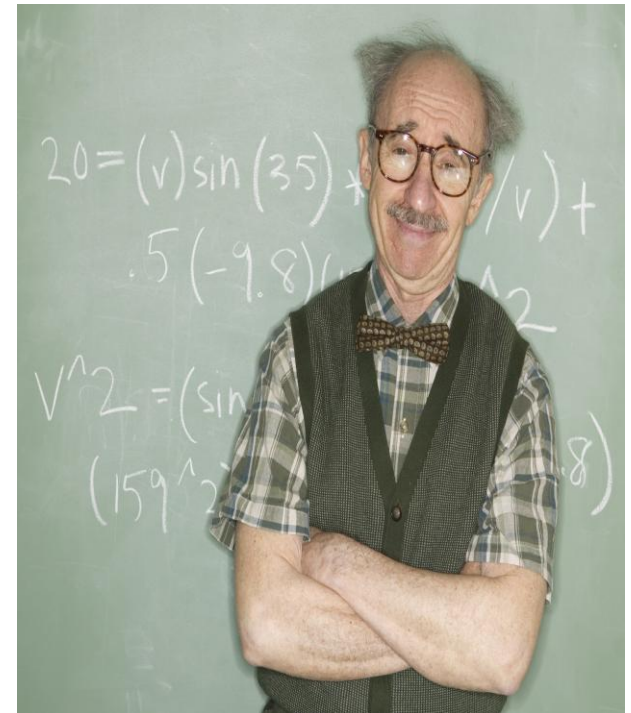
Before Class: Reading

- Review the headings
- Read the content
- Read the summary
- Review questions at end of chapters
- Study diagrams, graphs, charts
- Re-read to highlight
- Read for themes and ideas rather than just words

During Class:

Relating to your Professors

- Be there – mentally and physically:
- Show up - on time!
- Be prepared – read before class
- Sit in the “T”
- Demonstrate a good attitude
- Participate!
- Ask questions
 - There are no dumb questions!
- Get to know them outside class





During Class: Take Good Notes

- Use a large, loose-leaf notebook
- ALWAYS label your notes
 - Name, topic, date
- Paraphrase
 - Don't try to write every word
- Use a recall column
- Use only one side of paper
- Develop your own "shorthand"



What will be on the test?

- Watch for clues from the professor!
 - Repetitive or special phrases
 - Blackboard
 - Body language
 - Eyes
 - Tone of voice
 - gestures
 - References to charts, tables, etc.
 - Direct instruction



After Class:

- The one-minute paper
- Review within 24 hours
- Use the recall column for adding ideas, key words, and new information



Preparing for the Test

- Prepare on a daily basis – start from day one
- Review daily and weekly
- Review all graded materials
- Get a study-buddy
- Try to get a good night's sleep!



You do WHAT? Specific Study Skills

- Re-read and highlight
- Re-write notes
- Charts/time lines
- Mind map
- Form study group
- Memory tricks – make up songs
- Flash card
- Others??



Test Time:

- Don't be late to class
- Don't discuss possible questions with others while waiting for the test to begin
- Be prepared – paper, pens/pencils, etc.
- Practice relaxation techniques
- Avoid watching others in the room

Causes of Test Anxiety:

- Lack of Preparation
- Pressure – self-imposed or from others
- Past negative experiences
- Fear of failure





Taking the Test

- Listen to all verbal instructions
- Carefully read written instructions
- Look over entire test first
- Do easy ones first
- Make notes in margin if necessary
- Look for qualifiers (always, never, most)
- Answer all the questions
- Use the entire time allowed
- Check your work before turning it in!

Questions??



Good luck!

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