

Print Name:

- You will need to print out the three handouts located just below the link where you found this worksheet on the website: www.csus.edu/indiv/p/paradisj/studyskills.htm
- You will need internet access to watch the series of five *Study Skills Workshop Videos* on YouTube. You will also need some blank paper to take notes on.
- As you watch the *Study Skills Workshop Videos*, complete the tasks and questions found below. Pause the video as you stop to complete each question or task.
- Completing this worksheet and watching the videos should take about 90 minutes.

Tasks and questions:

- 1) Start watching Part 1 of *Study Skills Workshop Video* on YouTube. Pause at the 3:52 minute mark and write down 2 examples of study skills techniques that you have successfully used in a previous course.
- 2) Pause at the 9:41 minute mark and write down your motivational goal or statement.

- 3) Move on to Part 2 of the *Study Skills Workshop Video*. Pause at the 2:52 minute mark and read the bullets under General Information on page 1 of the *Science Study Skills Cycle (S³C)* handout you printed out.
- 4) Pause at the 7:25 minute mark and in your own words explain the evidence that is presented with regards to the importance of class attendance.
- 5) While you are still paused at the 7:25 minute mark, read the bullets under Step 1: Before Lecture on page 2 of the *Science Study Skills Cycle (S³C)* handout.
- 6) Pause at the 8:17 minute mark and read the handout you printed on *Taking Notes on Textbook Readings*. In your own words, why is it important to come to class prepared?
- 7) Move on to Part 3 of the *Study Skills Workshop Video*. Pause at the 1:09 minute mark and read the sample textbook reading *4.8 Isotopes: When the Number of Neutrons Varies*. Take notes on the sample textbook reading following the suggestions from the handout on taking notes that you just read. **Attach the notes you took to the end of this worksheet. No credit will be given to students who do not attach their notes.**
- 8) Pause at the 2:42 minute mark and read the bullets under Step 2: During Lecture on page 2 of the *Science Study Skills Cycle (S³C)* handout.

- 9) Starting at the 5:20 minute mark, take notes as you normally would in lecture.
Attach the notes you took to the end of this worksheet. No credit will be given to students who do not attach their notes.
- 10) Move on to Part 4 of the *Study Skills Workshop Video*. Pause at the 3:19 minute mark and read the bullets under Step 3: ASAP After Lecture on page 2 of the *Science Study Skills Cycle (S³C)* handout you printed out.
- 11) At the end of Part 4, pause the video and list 2-3 things that you didn't have in the notes you took during the mini-lecture but that were added in the video during the discussion of adding to your lecture notes after class.
- 12) Move on to Part 5 of the *Study Skills Workshop Video*. Pause at the 00:32 minute mark and read the bullets under Step 4: Before the Next Lecture on page 3 of the 5 page *Science Study Skills Cycle (S³C)* handout.
- 13) Pause at the 4:46 minute mark and read the bullets under Step 5: Review Before the Test on page 4 of the *Science Study Skills Cycle (S³C)* handout.
- 14) Pause at the 6:16 minute mark and read the bullets under Step 6: After the Test on page 4 of the *Science Study Skills Cycle (S³C)* handout.
- 15) Pause at the 8:20 minute mark and read the bullets under Final Comments on page 5 of the *Science Study Skills Cycle (S³C)* handout.
- 16) Pause the video at the 9:27 minute mark and identify 2 things that you learned about during this workshop that you do not currently do, but that you think would help you study more effectively and that you will commit to practicing in your science classes from now on.