

Learning Skills Program Syllabus – January 2012

Welcome to the Learning Skills Course!

In the four weeks of this course you will learn a range of study strategies designed to improve the effectiveness and efficiency of your studying and learning. This course will involve very little "extra" work on your part since the homework assignments consist of **applying** new study strategies to your regular courses. If all works out well, you should save time and get better results.

Since this is a skill-development course, **implementation is everything**. A wise colleague once said, "The best study skills are the ones that you use." UVic research on student success has shown that using the strategies from this course resulted in **higher grades, greater course completion, and greater overall program success**.

The problem of implementing knowledge is not unique to learning skills. There are many helpful behaviours that we fail to do even though we know they are beneficial. For example, we all know that flossing our teeth will prevent gum disease and eventual tooth loss. And, knowing that fact is not sufficient to get most of us to floss every day. **Knowing about is not the same as doing**. Keeping this in mind, we ask that you make a commitment to learn about efficient and effective study strategies **and** put the strategies into practice with your regular courses.

Course Overview

Class sessions will provide opportunities for us to describe learning principles and to demonstrate various learning strategies, and for you to share your experiences, successes and concerns.

Indeed, students often pick up the most valuable study tips from other members of the class. Some class time will focus on your implementation of the new skills. Since each session is somewhat dependent upon previous sessions, we encourage you to attend all classes. Students who reliably attend and practice the taught strategies get the most out of the course.

In a short course we cannot cover all aspects of learning at university, so we encourage you to make follow-up appointments to get individual help from your instructor, another learning counsellor, or from a trained Peer Helper or Learning Specialist in the Learning Help Centre of the Library Learning Commons.

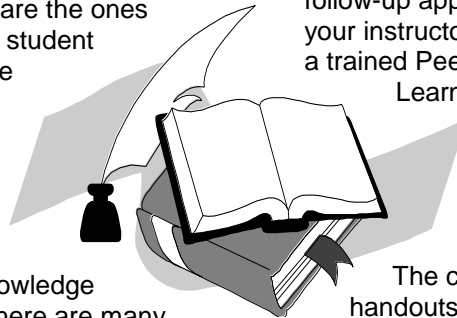
What's Involved in a Learning Module?

The course materials include numerous handouts and **Learning Modules** designed to teach specific learning and studying skills. Each learning module begins with a rationale for what you will be doing. Then, a study strategy is described step by step. The module includes tasks to do in order to "master" the specific skills.

These modules have been designed as self-contained, self-explanatory units. We will cover many of the modules in the course (See Course Schedule below). After the class sessions formally end, you may progress on your own through any remaining modules by making appointments to go over the modules with your instructor, another learning counsellor, or from a trained Peer Helper or Learning Consultant in the Study Solutions Centre of the Library Learning Commons.

Course Instructors

- Tricia Best, M.A. – tbest@uvic.ca
- Susan Dempsey, M.A. – sdempsey@uvic.ca



CLASS OUTLINE – January / February 2012



Learning Skills

Week One

- Course introduction
- Why am I here? Personal goals
- What's involved in learning; active and passive learning
- What gets in my way?
- Understanding time and study management (*study log, daily activity schedule, term calendar And more*)
- More effective (*and interesting*) ways of note taking
- Levels of learning

Modules:

What's Important to Learn
Self-Control
When and How Much Should I Study
Note-Making for Learning

Practice:

Record your studying in study log.
Complete at least one time management tool.
Use a new note taking strategy in one class.

Week Two

- Reading effectively and efficiently
- What am i doing now that's working; not working?
- Reading methods to try out
- Organizing and re-organizing material for better recall
- The brain dump & concept mapping

Modules:

Survey Reading
The 3R Reading Method
Reading and Concept Mapping
Organizing Information
Memory and Fluency

Practice:

Continue with study log and time management
Implement one reading strategy
Try one other technique in your class of choice

Week Three

- Getting better prepared for exams
- How to write tests and exams
- Decreases your distress and increase your success
- Studying for problem solving courses
- Using study aids like: study groups, study cards, and others

Modules:

Exams I – Targeting
Exams II – Studying
Exams III – Writing
Problem Solving
Study Groups

Practice:

Use several organizational methods for class material
Analyze an old exam in preparation
Practice one stress management or relaxation technique

Week Four

- Increasing memory through fluency practice and new techniques for the material that is difficult to remember
- Writing papers and reports
- Course review and evaluation

Modules:

Memory Techniques
Memory and Fluency
Writing Papers I – Clarification
Writing Papers II – Saturation
Writing Papers III – Incubation
Writing Papers IV - Verification

Practice:

Use the essay writing system with one assignment

January 2012 Sections of Learning Skills Program

Register at Counselling Services, B270 University Centre
Course and Materials Fee: \$50

Class Schedule

<http://coun.uvic.ca/learning/courses.html>

Section D: **January 16 – February 9** - Monday & Thursday
1:00pm – 2:20 pm **Room A003 McPherson Library**

Section J: **January 17 – February 10** - Tuesday, Wednesday & Friday
10:30am – 11:20 am **Room A003 McPherson Library**

If none of these sections match your schedule, please let us know and we will try to accommodate your needs.