

LeeAnn Emanuel

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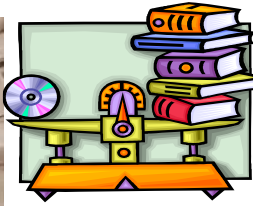
COU 26: Study Skills

Message from the Instructor:

Welcome to COU26, "Study Skills"! This class is specifically created for students with disabilities to increase awareness of learning strengths and develop individualized learning strategies in order to maximize success in college. There will be required reading assignments and written assignments in the class text, "College Success Guide", however the main purpose of this book is to act as a supplemental resource for lectures and personal areas of interest. Class Lectures will provide basic information on how to best approach studying. Class participation is vital and will help you become aware of and practice personalized study skill approaches. I guarantee that students that are truly motivated to learn will leave this class with important tools towards becoming a "Successful College Student". Thank you for letting me share in this empowering process with you!...LeeAnn

Course Description:

This course assists students to succeed in college through helping them gain a better understanding of their own individual learning needs. Through class lecture, activities, assessment, and assignments, students gain exposure to a variety of "best practice" study skills so that they can develop their own set of effective learning strategies. This class is designed specifically for students with disabilities.



If you require accommodations for a disability, please meet with instructor as soon as possible to discuss options.

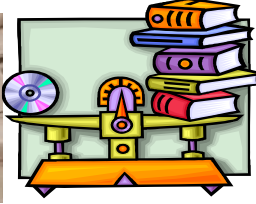
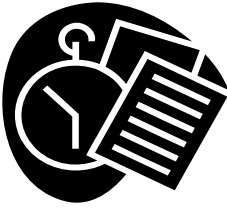
Content:

This course will cover the following topics:

1. Learning Strengths/Strategies
2. Self Advocacy Skills
3. Study Techniques and accommodations for Students with Disabilities
4. General Study Techniques
5. Assistive Technology
6. How to decrease test anxiety
7. Organizational Techniques
8. Successful Attitudes
9. Networking/ Teamwork
10. Using the Library for research
11. Self Motivation
12. Stress Management

Class Objectives:

1. Students will determine their learning strengths through various learning assessments
2. Students will be proactive in accessing support from peers, college faculty, and staff
3. Students will be made aware of specific learning strategies and accommodations for students with learning disabilities
4. Students will practice general study skills
5. Students will problem solve on how to reduce anxiety when preparing for a test
6. Students will look at current schedule trends and create a time management plan that improves the organization of life's priorities
7. Students will practice affirmations in order to improve attitude and motivation levels
8. Students will utilize teamwork strategies in order to successfully complete assignments
9. Students will interview assigned campus departments in order to increase awareness of supplemental support while in college
10. Students will tour the library and use library resources to access information
11. Students will explore the different forms of assistive technology
12. Students will evaluate their personal level of stress and list stress reduction techniques



Necessary Supplies:

- ❖ Self
- ❖ Binder/ Notebook Paper
- ❖ Writing Implements
- ❖ Text: “College Success Guide”
- ❖ Tape Recorder/ Tape (if unable to write out assignments)

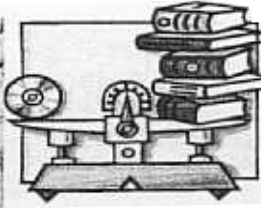
HOW TO PASS CLASS (Student Responsibilities):

1. Attend Class regularly
2. Complete Assignments
3. Participate in all Class Activities
4. Take Pre/Post Test
5. Show growth on Post Test
6. Be open to learning about yourself and use what you learn
7. Use all opportunities!
8. Communicate any challenges that you are having in class with the instructor

Extra Credit:

Absences/Assignments can be made up in the following ways:

- 1) Volunteer 3 hours of time (need note from agency confirming volunteer work)
- 2) Receive an “A” or a “B” on an assignment in another class. Write up a paragraph on which study skills you used.



Class Schedule:

Class #	Time	Dates (2006)	Planned Topic
1	11-12:15	Tues., January 24th	Introduction to Class
2	11-12:15	Thurs., January 26th	Pre-Test/ Self Advocacy
3	11-12:15	Tues., January 31st	Learning Assessments
4	11-12:15	Thurs., February 2nd	Learning Assessments
5	11-12:15	Tues., February 7th	Learning Strengths Plan
6	11-12:15	Thurs., February 9th	Assistive Technology
7	11-12:15	Tues., February 14th	Assistive Technology
8	11-12:15	Thurs., February 16th	Organization
9	11-12:15	Tues., February 21st	General Study Skills
	11-12:15	Thurs., February 23rd	Testing Anxiety
	11-12:15	Tues., February 28th	Attitude
	11-12:15	Thurs., March 2nd	Goal Setting
	11-12:15	Tues., March 7th	Library: Basic Research Skills
14	11-12:15	Thurs., March 9th	Library: Basic Research Skills
15	11-12:15	Tues., March 14th	Networking/ Teamwork
16	11-12:15	Thurs., March 16th	Motivation
17	11-12:15	Tues., March 21st	Stress Management
18	11-12:15	Thurs., March 23rd	Post Test/ Grades