

## LEARNING LAB 0131 -- STUDY SKILLS

### COURSE OUTLINE AND SYLLABUS

ACADEMIC UPGRADING DEPARTMENT  
GRANDE PRAIRIE REGIONAL COLLEGE

LL0131 1 A2      M W 12:00 - 12:50 P.M.      SEPT. 11 - OCT. 23      A208

INSTRUCTOR:      VAL STEWART  
OFFICE:            C212  
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### COURSE DESCRIPTION

Skills and strategies required by returning adults will be examined by students in group discussion and independent readings. Topics such as time management, goal setting, library and research skills, textbook reading and notetaking skills, subject area study techniques, and test preparation will be offered. Students may suggest other relevant topics for discussion and study; for example, studying with children.

### REQUIRED TEXTBOOKS

No texts are required for this course. There are a number of excellent resources available in the Learning Lab and the Library. Some texts available for use in the Learning Lab include

- \**Academic Reading*, McWhorter
- \**Becoming a Master Student*, Ellis
- Becoming a Successful Student*, Lett
- College Reading and Study Skills*, McWhorter
- Conquering Math Anxiety*, Aren, Longman, & Atkinson
- Learning for Success*, Fleet, Goodchild, & Zajchowski
- Improving Your Memory*, Fry
- \**How to Study in College*, Pauk
- Mastering Mathematics: How to be a Great Math Student*, Smith
- \**Reading Literature*, McDougal & Little
- \**Reading and Study Skills*, Langan
- Study Methods & Learning Techniques*
- Studying for Biology*, Lawson
- Studying for Chemistry*, Smith
- Studying for Mathematics*, Smith
- The Mountain is High Unless You Take an Elevator: Success Strategies for Adult Learners*, Smith & Walter

(\* indicates multiple copies available)

## OBJECTIVES

Upon completion of the course, students will be able to identify and select study strategies to help them manage their demands as adult upgrading students.

## EVALUATION

Students will be graded on a credit / no credit basis. Criteria for credit include

1. participation in class discussion
2. recorded responses in journal form to selected readings
3. use of selected study skills  
(i.e. notes from texts, study sheets for exams, daily/weekly/monthly calendars, use of CD Rom for library research)

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## LL0131 1 A2 COURSE SYLLABUS

DATE	TOPIC
M Sept. 11	Orientation, Course Management
W Sept. 13	Goal Setting
M Sept. 18	Independent Study: Time Management
W Sept. 20	Time Management: Strategies for Returning Adults
M Sept. 25	Library and Research Skills
W Sept. 27	Library and Research Skills
M Oct. 2	Reading Textbooks, Taking Notes
W Oct. 4	Reading Textbooks, Taking Notes
M Oct. 9	NO CLASSES: THANKSGIVING DAY HOLIDAY
W Oct. 11	Subject Area Strategies
M Oct. 16	Independent Study: Subject Area Techniques
W Oct. 18	Preparing for and Writing Exams
M Oct. 23	Preparing for and Writing Exams