

EAC 092: STUDY SKILLS FOR HIGHER EDUCATION

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	2
Total Contact Hours:	36
Lecture Hours :	36
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	72
Total Student Learning Hours:	108
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Pass/No Pass

Catalog Course Description

The course is designed to teach compensatory strategies for students with disabilities as a way to mitigate educational limitations and/or acquire the fundamental study skills necessary to complete their educational goals. 36 lecture hours.

Course Objectives

- Analyze current study methods and identify areas that need improvement.
- Understand effective study strategies for different learning styles.
- Demonstrate knowledge of different note taking techniques.
- Identify and use approved educational accommodations as study strategies.
- Demonstrate knowledge of test taking strategies.

Major Course Content

1. Academic Study Strategies
 - a. Learning Styles
 - i. Types of learning
 - ii. Understanding personal learning methods (multiple intelligences)
 - iii. Awareness of disability related educational limitations
 - b. Rehearsal and Rote Learning
 - i. Long term and short term memory
 - ii. Memorization and recall
 - iii. Audio recording
 - iv. Mnemonics
 - v. Flash cards
 - c. Reading and Listening
 - i. Comprehension skills and tools
 - ii. Note taking techniques in class
 - iii. Note taking techniques when reading
 - d. Study Maps
 - i. Mind maps
 - ii. Concept maps

- e. Using In Class Accommodations
 - i. Accessing accommodations
 - ii. Utilizing accommodations
 - iii. Incorporating accommodations as study tools
2. Effective Habits of Successful Students
 - a. Organization
 - i. Effective use of time management
 - ii. Class materials
 - iii. Utilizing a planner
 - b. Utilizing On and Off Campus Resources
 - i. Campus resources
 - ii. Community based resources
 - iii. Campus email
 - iv. Networking with classmates
 - c. Clarifying Class Requirements and Syllabus
 - i. Understanding grading system/rubric
 - ii. Understanding and clarifying assignments and exams
 - iii. Accessing learning management system for grades
 - iv. Tracking current grades
 - d. Meeting with Professors
 - i. Understanding self advocacy
 - ii. Identifying specific questions to ask instructors
 - iii. Responding to instructor provided feedback
 - iv. Utilizing coping strategies
 - v. Developing an action plan after a meeting
3. Exam Strategies
 - a. Test Anxiety
 - i. Defining test anxiety
 - ii. Identifying test anxiety
 - iii. Coping strategies for test anxiety
 - b. Test Tactics
 - i. Planning for tests
 - ii. Study methods for multiple choice exams
 - iii. Study methods for math exams
 - iv. Study methods for essay exams
 - c. Reviewing Exam Feedback
 - i. Identifying mistakes
 - ii. Developing a plan to learn from mistakes

Suggested Reading Other Than Required Textbook

Instructor provided handouts.

Examples of Required Writing Assignments

In at least 250 words, explain how you implemented one or two specific strategies learned in this course in a current course you are taking this semester.

Examples of Outside Assignments

Attend a DSP&S or Counseling workshop. Submit a 500 word essay detailing three concepts you learned from the workshop.

Instruction Type(s)

Lecture, Online Education Lecture