

# HD 101 : STUDY STRATEGIES

---

## Transcript title

Study Strategies

## Credits

2

## Grade mode

Standard letter grades

## Contact hours total

20

## Lecture hours

20

## Recommended preparation

HD 100CS.

## Description

Introduces students to academic success skills essential for effective learning. Topics include: applied learning theory, growth mindset, academic reading, note taking, active learning, organizing study materials, rehearsal and memorization, time management, and test taking. Upon completion, students will be able to apply appropriate, researched-based strategies and techniques to develop an effective study plan for academic success.

## Learning outcomes

1. Explain current research on learning theory and factors that promote college success and academic learning.
2. Identify, explain, and apply effective academic reading and note taking strategies.
3. Demonstrate effective, active learning strategies for information retention and recall.
4. Practice test taking skills and implement techniques to manage test anxiety.
5. Apply self-management tools.

## Content outline

Neuroplasticity and How the Brain Learns

Mindset

Academic Reading Strategies

Reading Academic Articles and Research

Effective Note-Taking Strategies

Active Learning, Retention Recall

Memorization Strategies

Test Taking Strategies

Test Anxiety

Self-Management Tools

Developing and Implementing a Study Plan

## Required materials

Required textbook.

## Grading methods

Grades may be determined by in-class exercises, written assignments and journals, articles of learning and practice, quizzes and a final project with presentation.