

EST  2013

DUDES' GUIDE

TO STUDY SKILLS

**Study Skills Training Course
Note-Taking Guide**

Chapter 1: Organization

Teaching

-4 Benefits to Organization:

- 1)
- 2)
- 3)
- 4)

-The key to being organized is _____.

-We want to make all of our decisions _____ we have to make them.

Application

Big Idea: Fewer Decisions, _____.

-Subject first organization is like a _____.

-Assignment first organization is like a _____.

-Challenge for the week:

- Create OR revamp your organization system

Chapter 2: Productivity

Teaching

-Having a bad productivity strategy is like a runner who stays in the _____.

-Highly productive students get from point A to point B _____.

-Being productive takes a little extra _____, but it's worth it in the long run.

Application

-Big Idea: Start early, study less

-To help this productivity strategy stick, study _____ days per week.

-The three Do's

- 1)
- 2)
- 3)

-Challenge for the week:

-Implement an effective productivity strategy with the 3 Do's.

Chapter 3: Learning on the Go

Teaching

-We can't change how busy life is, so change
_____.

-Benefits of learning on the go

1)

2)

-The old goal is studying during massive chunks of time. The new goal is to use _____.

Application

-Big Idea: Change what you can control

-The key to learning on the go is to use
_____.

-5 tips for learning on the go:

1)

2)

3)

4)

5)

-Challenge for the week:

-Pick one of these learning-on-the-go strategies to try this week.

Chapter 4: Focus

Teaching

-Your ability to get more done in less time depends on your ability to _____.

-It takes _____ to _____ minutes to get re-focused after a distraction.

-2 things affect your ability to focus:

1)

2)

Application

-Big Idea: Make minor adjustments, not drastic changes

-2 areas that affect focus

1) Attitude

-Implement the _____ extra technique

2) Environment

-You need 2 places to study:

1)

2)

-Music can help to eliminate _____ while studying at an outpost.

-Music can be a distraction when studying something highly _____.

-We recommend turning off your _____ for a period of time while studying.

Challenge for the week:

-Implement the extra 5% technique to boost your attitude AND establish home base and outpost locations for your study sessions.

Chapter 5: Active Learning

Teaching

-Stigma: girls are better _____ than guys because we are too active.

-Reality: all effective learning is _____ learning.

Application

-Big Idea: Don't stop, go get it

-We are active in every area of life, so lets be _____ students.

-4 top strategies for being active students

1)

3 keys:

- a. Take _____ written notes.
- b. Take notes _____ time you learn
- c. Keep _____ of your notes

2)

3)

4)

-Challenge for the week:

-Implement at least 1 of these 4 strategies for being active students.

Chapter 6: Kinesthetic Learning

Teaching

Kinesthetic Learning: Your _____ learns when you _____ moves.

Harness your _____ to maximize _____.

When your body moves, your _____ stays engaged.

Application:

Big Idea: Move it or Lose it

6 Ways to become a kinesthetic learner -

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

Challenge for the week: Choose one of these 6 strategies and apply it this week.

Chapter 7: Visual Learning

Teaching

Most of us are _____ rather than _____ learners.

Most learning environments are _____ rather than _____.

Application

Big Idea: Visualize to Memorize

How to learn visually:

1) _____

2) _____

3) _____

4) _____

CHALLENGE: Try one of these strategies to visualize to memorize.

Chapter 8: Quizzing Yourself

Teaching

The Myth of Intelligence: “_____ students succeed, the rest of us just _____.”

Notes on the rifle illustration:

Miss questions during _____ to get them _____ during the test.

Application

Big Idea: Quiz Early, Quiz Often

2 Times to Quiz yourself:

1. Pre-testing
2. Review

6 Ways to quiz yourself:

- | | |
|----|----|
| 1) | 4) |
| 2) | 5) |
| 3) | 6) |

CHALLENGE: Quiz yourself in a new way this week.

Chapter 9: Motivation

Teaching

What now?

Motivation is important for _____ we do.

Jaimie's Story Take Aways: _____

Application

Big Idea: Win From Within

Define motivation: _____ future outcome that _____
daily _____.

3 Components of that definition of motivation

1)

2)

3)

Is your motivation big enough to motivate you to keep moving forward?

3 Questions

1)

2)

3)

Tighter motivation = _____.

One Final Question:

What _____ thing could you do _____ now to make your goals more attainable?

Challenge: Write down your motivation