**Discussion of Effective Studying and Learning Approaches**

**Directions:** This activity is designed to help everyone consider effective studying strategies to be successful in this course. I am asking you to watch three short videos, read a short article, and reflect on all of these ideas. The goal is to help you think about your current studying approaches and think about ways to be more effective and successful.

**Step 1:** Think about your current approaches to studying. In 1-2 sentences, please define what you would describe as “good studying approaches.”

**Step 2:** Watch Video 1 “The Study Cycle: Studying Better in College” (2 min 27 seconds)   
<https://www.youtube.com/watch?v=ppPIYbe3D68>

After watching video 1, reflect on what you learned from the video and how it relates to your studying approaches (approximately 2 sentences).

**Step 3:** Watch Video 2 “Focused Study Sessions: How to Study Efficiently” (1 minute 33 seconds)

<https://www.youtube.com/watch?v=YG3JFjxSdX0>

After watching video 2, reflect on the steps of a Focused Study Session. How do these steps relate to (or differ) from your current studying approaches? (approximately 2 sentences)

**Step 4:** Watch Video 3 “How to Study Effectively for School of College [Top 6 Science-Based Study Skills] (8 minutes 27 seconds)

<https://www.youtube.com/watch?v=CPxSzxylRCI>

After watching video 3, think about the six different studying approaches. Pick at least two approaches that resonate with you and describe why you want to incorporate those approaches into your studying techniques (1-2 sentences per studying approach).

**Step 5:** Read the short article “Science Shows How the Brains of Intelligent, Successful People are Different from Everyone Else” by Tom McKay in Mic on May 19, 2014 ([link](https://www.mic.com/articles/89579/science-shows-how-the-brains-of-intelligent-successful-people-are-different-from-everyone-else)).

After reading the short article, answer the following questions:

1. Describe one thing that stood out most to you from this article and reflect on why you found that interesting or significant (approximately 2 sentences).

1. In what ways can you apply aspects of this article to yourself? Describe behaviors or thought processes that could be reoriented toward the growth mindset (approximately 2 sentences).

**Step 6: Make a Plan** – After completing steps 1-5, make a plan for your success in CHM101. What is one technique or approach you learned from these activities that you will try this semester? Why did you pick that technique or approach? (approximately 3 sentences)