



How to submit labs:

For each lab, watch the video and TAKE NOTES. Then login write your original [Journal](#), at least 250 words, describing what **you** learned and how **you** will apply the learning skill/study strategy to **your own** academic performance or personal life. Make it detailed, personal and specific! Then login to [Catalyst](#) and submit the journal. To avoid errors and technical difficulties, **do not wait to the last minute**. For more info, visit <http://deanza.edu/studentssuccess/academicskills/skillslabs.html> , or come to ATC 302, or call (408) 864-8253.

<u>Study Skills</u>	Skills Workshops - ATC 303 (Weeks 4 - 8)	<u>Internet Videos</u>
Anti- Procrastination	<ul style="list-style-type: none"> • Anti-Procrastination 	How To Stop Procrastinating (WellCast) https://www.youtube.com/watch?v=Qvcx7Y4caQE The Science of Productivity (ASAP Science) https://www.youtube.com/watch?v=IHFjvYzr-3g 3 Powerful Techniques To Beat Procrastination (Arina Nikitina) https://www.youtube.com/watch?v=VA8D1cGW5Qk
Time Management	<ul style="list-style-type: none"> • Time Management Strategies 	How to Get Organized for School/College https://www.youtube.com/watch?v=g1ibzxwhyCM How to Manage Your Time Better (WellCast) https://www.youtube.com/watch?v=VUK6LXRZMMk
Tests	<ul style="list-style-type: none"> • Tests Taking Strategies • Tests with Less Stress 	The 9 Best Scientific Study Tips (ASAP Science) https://www.youtube.com/watch?v=p60rN9JEapq 7 Tips To Beat Exam Anxiety (ASAP Thought) https://www.youtube.com/watch?v=FyBdA61GmJ0
Textbook Reading	<ul style="list-style-type: none"> • Active Reading: Nonfiction • Short Stories 	Creating Cornell Notes http://www.youtube.com/watch?v=JPSmXRIlyS8 Textbook Study http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/textbook-study
Note Taking	<ul style="list-style-type: none"> • Note Taking in Class 	How to Take Great Notes (WellCast) https://www.youtube.com/watch?v=UAhRf3U50IM 5 Best Methods for Taking Notes in Class https://www.youtube.com/watch?v=AffuwyJZTQQ Verbal to Visual Notetaking https://www.youtube.com/watch?v=DNFk1HvICho



Memory	<ul style="list-style-type: none"> • Memory Strategies 	How to Memorize Fast and Easily https://www.youtube.com/watch?v=0nFkQ4cQhME
Critical Thinking & Problem Solving	<ul style="list-style-type: none"> • BrainGame: Engaging Ethics 	5 tips to improve your critical thinking - Samantha Agoos https://www.youtube.com/watch?v=dItUGF8GdTw 7 Step Problem Solving https://www.youtube.com/watch?v=bZXDQGSuF9I
Motivation & Confidence	<ul style="list-style-type: none"> • Goal Setting & Motivation 	Motivation & Goal Setting http://www.byui.edu/academic-support-centers/study-skills/study-skills-videos/motivation-and-goal-setting 3 tips to boost your confidence (TED-Ed) https://www.youtube.com/watch?v=I_NYrWqUR40
Stress	<ul style="list-style-type: none"> • Stress Management • Tips to De-Stress 	How to De-Stress and Free your Mind https://www.youtube.com/watch?v=Kt4XcLMRzIQ Stress Management Strategies (WellCast) https://www.youtube.com/watch?v=0fL-pn80s-c
Group Study	<ul style="list-style-type: none"> • Communication in Study Groups • Teambuilding 	How to study effectively https://www.youtube.com/watch?v=23Xqu0jXlfs How to study in groups https://www.youtube.com/watch?v=zREOJKkvwVU
Writing and Grammar	<ul style="list-style-type: none"> • Avoiding Fragments & Run-ons • Effective Body Paragraphs • Get the Verb and Tense Right • Keys to Success in Summary Writing • Subject-Verb Agreement • The Writing Process: Prewriting, Editing & Revision 	How to write a good essay https://www.youtube.com/watch?v=liyFKUFQno How to Write a College Paper : The College Paper Revision Process https://www.youtube.com/watch?v=H_wlNochDMo



Course-Specific Online Textbook Labs (follow specific Journal requirements)

Course	Online Activities for Content Course	Lab Requirements
Accounting	Accounting: http://www.nyscpa.org/professional-resources/accounting-terminology-guide	* Find 10 accounting terminology terms that appear in your textbook and compare the definition given in the website. * Write the definitions in your own words and provide your own example. (Journal)
Biology	Bio Inquiry: Making Connections in Biology http://bcs.wiley.com/he-bcs/Books?action=index&itemId=0471473219&bcsId=2118	* Select a chapter, read Bio Inquiries * Answer question under Explorations (Journal)
Economics	Explorations in Economic Demand, Parts I – III http://ecedweb.unomaha.edu/Dem_Sup/demand.htm	* Read Parts I-III * Answer questions under For Discussion (Journal)
Geography	Discovering Physical Geography http://bcs.wiley.com/he-bcs/Books?action=index&itemId=1118526783&bcsId=8759	* Select Web Resource, choose a chapter, review the annotated web links * Write what you learned about the topic (Journal)
Political Science 1	American Politics Today http://www.wwnorton.com/college/polisci/american-politics-today3/essentials/welcome.aspx	* Browse the chapters to find one that matches what you are learning now. Read the Chapter Review, then take the Quiz * Write down difficult questions, and discuss the correct answers and where you found/researched the answers. How does this compare to what you are learning in class? (Journal)