

A black and white photograph of a person sitting at a desk, reading an open book. The person is wearing a plaid shirt over a white t-shirt. Their left hand is on the book, and their right hand is holding a pencil. On the desk in front of them is a large cup of coffee with horizontal stripes, a white marker, and a black pen. The background is a plain, light-colored wall.

Study Break



Student Facilitator: Morgan Salanger
Section: KIN 022
Instructor: Molly O'Donnell

Topic: Study Skills: Lectures/ Note Taking

For the topic of study skills I:

- How stress can affect the brain
- Types of learners
- Healthy habits
- Helpful study tips
- Resources on campus





Purpose of this lesson:

In order to choose this lesson I had met with my professor to determine which classes she would like to instruct. For the first lesson I created a scavenger hunt for the students to find landmarks on campus, which was chosen for me by my professor.



For my second lecture I had more leniency. I was able to determine what I would be interested in presenting, based off the lectures that were left. I selected this topic because the transition from highschool to college is difficult. I also wanted to inform my students how to form good habits from the start.

Lesson Preparation:

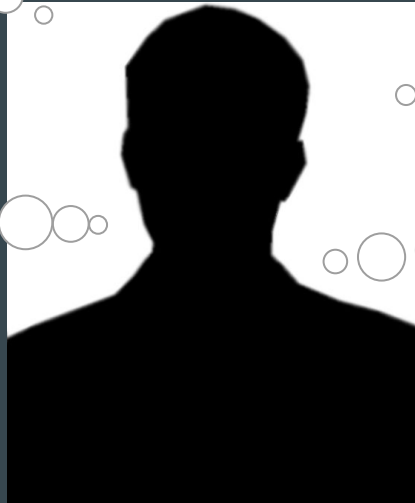
~ For my presentation, I used multiple outside resources to obtain information that was used in my presentation.

TEDEducation. "Does Stress Affect Your Memory? - Elizabeth Cox." *YouTube*, YouTube, 4 Sept. 2018, <https://www.youtube.com/watch?v=hyg7IcU4g8E>.

Black, Dr Keith, et al. "Forget Something? Everyday Causes of Memory Slips." *EverydayHealth.com*, <https://www.everydayhealth.com/columns/keith-black-brain-health/everyday-causes-of-memory-slips/>.

Flavin, Brianna. "Different Types of Learners: What College Students Should Know." *Rasmussen University*, 6 May 2019, <https://www.rasmussen.edu/student-experience/college-life/most-common-types-of-learners/>.

I also used pdfs found under our blackboard site in the folder titled "Theme: Academic Success." These pdfs included: Time Management, Test Prep, ABC's of College and Overcoming Procrastination.





Why is this Lesson Important for First Year Students to Know?

The transition from highschool to college is a big adjustment. The professors are not going to be “holding your hand.”

Many students coming into college believe that their freshman year grades do not matter. However, these grades set the basis of your gpa.

Many exams in high school cover one unit. In college tests can cover up to 3 units.

What works for one student, may not work for another.

Creating good habits now during general education classes will help when advancing to upper level classes.

Presentation Materials:

Tips I Can Give You

- Know where/when all of your exams are in advance
- Go to class and pay attention
- Allow yourself plenty of time to study
- Get enough sleep
- Eat healthy foods and drink plenty of water
- Go to study sessions/ office hours
- Stay organized
- Take breaks
- Don't procrastinate
- Manage your time wisely



Helpful Study Tips

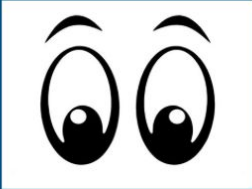
- "To-do" lists
- Write out all assignments in planner/ calendar
- Re-write notes/ write out notes in a notebook
- Create flashcards or quizlets
- Read the textbook
- Go to office hours
- Create study guides from your notes

In this slide there are two slides from my PowerPoint that I had presented to my class. These slides provided study tips that have worked for me throughout my duration of college. I also asked my housemates to look over my list to inform me if I was missing something that worked for them. These are not just study tips but rather healthy habits that will help when a student goes to study or take an exam.

Methods:

What Type of Learner are You?

Visual Learner



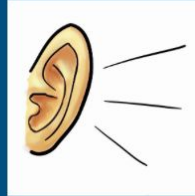
Learn best through
visuals

Kinesthetic Learner



Learns best through hands on
activities

Auditory Learner



Learns best
through listening

This slide shows one of the slides from the PowerPoint that I presented. This slide allowed me to explain the three different types of learners that there are and how they learn best. I further went on to explain how a student would know what type of learner they are by giving examples of each learning type.

Group Activity

- Visual Learners: meet on the side of the room closest to the wall
- Kinesthetic Learners: meet in the middle of the room
- Auditory Learners: meet on the side of the room closest to the door

- **Discuss with your groups strategies you use while studying**
 - Do you use any websites?
 - How do you take notes during class?
 - Do you have any tips for you classmates?

In order to make sure the students were engaged with my presentation, I created a group work to be completed. I also incorporated the aspect of moving around because I observed that this is how to get my class to talk more. By asking them to move with the other students that learned like them it allowed them to see who they could reach out to for possible study groups.

Learning Outcomes/Objectives:

The main aspect that I wanted my students to take away from this lesson was that forming good habits now would allow for these habits to continue into the future. As many students transition from high school to college they go in with the mindset of, “I didn't have to study in high school it was easy.” Once the students get into this mindset it is very easy to procrastinate in college.

I presented this lesson with the goal of informing my students that I was in their place not so long and provided them with what worked for me. It was important for the students to understand that what works for their friend might not necessarily work for them. I was able to inform these students what type of learner they were and gave them different suggestions based on their learning type. Along with other study skills, healthy habits, and references that they might not have thought of before that are crucial to success.

Assessment/ Feedback:

Results:

- Majority of the students were visual learners (~20).
- ~ 8 of the students were kinesthetic learners.
- Only one student was an auditory learners.

Each group was given approximately three minutes to discuss with the other individuals in their group. Each group was required to write down what resources and tips that they use.

Virtual Learners:

These students watched KhanAcademy, used quizlets, watches presentations that are available early and takes notes before class, and looks at the textbook.

Kinesthetic Learners:

These students also used Khan Academy and quizlet. They also do various practice problems. In addition, they suggested going to their professors to ask for help and for extra practice problems.

Auditory Learner:

This learner said that she learns best by listening to lectures, videos, and her textbooks. Also, by reading aloud.

Reflection:

- From presenting this lesson I understood and felt comfortable creating a lesson plan. I learned to present information that was researched in a professional and educational manner. In addition, I was able to feel confident speaking and answering questions in front of a class.
- This benefitted my own college experience by knowing that I had made an impact on many first year students. The students were able to understand that I was in their shoes not that long ago and the information I provided them will help and stick with them the next four years.
- When receiving feedback from my students I learned of many websites that I now use to study that I had never heard of before. I also learned that I am able to read a classroom. Many of my students would not raise their hand to participate; therefore, having them engage in group activity allowed for more participation.

