

UNIVERSITY COLLEGE OF THE FRASER VALLEY

COURSE INFORMATION

DISCIPLINE/DEPARTMENT: DISABILITY RESOURCE CENTRE **IMPLEMENTATION DATE:** Jan. 1995

Career Education Certificate CED 081
SUBJECT/NUMBER OF COURSE

Study Skills
DESCRIPTIVE TITLE

Revised: _____
none
UCFV CREDITS

CALENDAR DESCRIPTION:

This course provides students with a system for becoming successful students covering such areas as time management, note-taking, improving memory, test preparation strategies, effective, efficient methods for writing papers and strategies for improving reading comprehension.

RATIONALE:

Students out of school for lengthy periods as well as students having difficulty making the transition from high school to post-secondary education are often overwhelmed by the amount of self-study required at this level. This program provides a system to follow for staying on top of the study requirements throughout a semester. Once students know the system, they will be able to adapt it to each course.

COURSE PREREQUISITES: none

COURSE COREQUISITES: none

HOURS PER TERM FOR EACH STUDENT	Lecture	39	hrs	Student Directed	
	Laboratory		hrs	Learning	hrs
	Seminar		hrs	Other - specify:	
	Field Experience		hrs	_____	hrs
				TOTAL	39

MAXIMUM ENROLMENT: 20

Is transfer credit requested? Yes No

AUTHORIZATION SIGNATURES:

Course Designer(s):	Chairperson:	Curriculum Committee
Department Head:	Dean:	
PAC: Approval in Principle	PAC: Final Approval:	March 22, 1995
(Date)	(Date)	(Date)

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OBJECTIVES con't:

Demonstrate effective test-writing strategies with in-class tests.

Create an exam preparation schedule and show evidence of putting it into practice.

Create a personal step-by-step system for writing a term paper.

Formulate three techniques for improving memory skills in three different areas.

Complete a paper detailing the advantages of utilizing study skills strategies.

METHODS:

Lecture, small and large group discussions and exercises, individual assignments and videos which accompany text.

STUDENT EVALUATION PROCEDURE:

20% Quizzes: 4 quizzes covering steps to student success in each of the main content areas.

60% Assignments: 8 assignments covering in-class lectures (choose top six marks)

20% Final assignment: marks given equally for content and writing skills.

COURSE CONTENT:

Session #1	Introduction to course Learning Styles Inventory Assessing Personal strengths
Session #2	Time Management Staying on task, setting routines monitoring and managing time
Session #3	Reading 9 step active reading strategy
Session #4	Reading Reading speeds and uses Improving comprehension First quizz

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COURSE CONTENT con't:

Session #5	Reading and Note-taking Improving comprehension Taking notes from reading
Session #6	Note-taking Taking notes from lectures Turning notes into study questions Reviewing notes
Session #7	Test-taking Strategies for increasing relaxation and decreasing test anxiety. Strategies for effective test preparation Strategies for effective test writing Second quizz
Session #8	Memory How we store information Memory improving techniques
Session #9	Writing Brainstorming Narrowing the topic Steps to pre-writing, writing and revising Third quizz
Session #10	Writing The writing process Revising
Session #11	Resources Looking at institutional and community resources to aid in student success
Session #12	Review Fourth Quizz
Session #13	Review- student's choice Final Paper Due