

ACAD 135: Applied Study Skills with Psychology 101

Fall 2019
2 Credits 14 weeks

Class Time: Mondays and Wednesdays from 12:40 – 1:40 p.m.

Location: Halsey 367

Instructor: Gena Frey, M.S.
Reading and Study Skills Center
Nursing/Education 201
Email: freyg@uwosh.edu
(920) 424-1031

OFFICE HOURS: Before and after
class on MW
and by
appointment.

REQUIRED TEXTS AND MATERIALS:

1. Leonard, *What Every Student Should Know About Study Skills*
 2. Myers, *Psychology in Everyday Life* (requirement for Psych 101)
- *You are expected to bring these materials to EVERY class meeting.

COURSE DESCRIPTION:

This course examines the college-level learning and study strategies that are essential for academic success. Emphasis will be on application, as all students must also be enrolled in Psychology 101. Students will develop a variety of strategies to enhance learning from the text and lectures in Psychology. Topics include time management, learning and memory, note taking, academic reading, test preparation and test taking skills. This course is recommended for first- and second-year students who desire an intensive study skills experience and opportunity to participate in a learning community.

COURSE GOALS AND OBJECTIVES:

Applied Study Skills will focus on promoting your ability in content areas that are essential to being a successful student. This course is designed to help you meet the following objectives:

- To practice effective learning and study strategies with Psychology content and content from other courses.
- To recognize the critical role learning and memory both play in your ability to gain new knowledge
- To understand the process of metacognition and enhance your ability to know the breadth and depth of study necessary for academic success.
- To exercise good time management skills to help overcome procrastination and promote good concentration.
- To set and monitor academic goals
- To develop proficiency in using proven test taking and test preparation techniques
- To enhance skills necessary for proficient notetaking
- To improve the ability to study and learn efficiently from textbooks
- To discriminate between which study strategies should be employed to achieve varied learning outcomes
- To model behaviors of interdependence, adaptation, self-monitoring and personal accountability

COURSE ORGANIZATION:

The structure of this course includes student discussion, individual reflection, application exercises, and mini lecture. **Class participation is required.**

ASSESSMENT CRITERIA:

Your final course grade will be based on the points you will earn through attendance, participation, quizzes, application assignments, two exams and a final project.

ATTENDANCE POLICY:

Attendance is mandatory. If you must be absent due to serious illness or funeral, contact me immediately. Documentation is required for excused absences. The Dean of Students Office in Dempsey Hall can help you with providing your instructors with such documentation.

Be on time and ready to contribute to the learning community. For example, if class starts at 12:40, students are expected to be in their seats and fully engaged.

Students are to participate in class by demonstrating engagement in discussion and activities, and attentiveness to lecture. This also includes bringing all course materials to each class. Students who choose not to follow these behaviors may result in a loss of daily or weekly participation points or will be asked to leave the classroom. Examples of such behaviors include texting, sleeping, side conversations while others are speaking, working on coursework for another class, etc. If you are asked to leave the room, it is because I care about your peers' learning and respect for others.

TECHNOLOGY IN THE CLASSROOM:

The use of laptop computers, cell phones, or other devices is not allowed in the classroom without permission from the instructor. Appropriate documentation is required. See the "Attendance Policy" for consequences for using your phone in the classroom.

LATE WORK:

Accepted at the instructor's discretion.

GRADING:

Each of the five areas will account for approximately 20% of your final grade.

- 1. Attendance and participation**

Please see the attendance policy. Showing up to class each day is not enough to earn maximum participation points. Students must engage with the material and participate. See attendance policy above for more information.

- 2. Tests** The tests may consist of multiple-choice, short answer, and short essay questions. One exam will be scheduled in the middle of the semester and the other at the end of the semester.

- 3. Assignments**

Students will complete application assignments throughout the semester. Each topic will have assignments that require practice of new study techniques and strategies using content from Psychology.

- 4. Quizzes**

To assess understanding of academic strategies, students will be given 3-4 pop quizzes. The quizzes will focus on the assigned readings.

- 5. Final Project**

Students will reflect on growth throughout the semester by writing a final reflective essay.

Please note: The assignments and point distribution are subject to change throughout the semester. The instructor may add or eliminate an assignment from the list given above. Announcements will be made in class.

Academic Integrity: The Wisconsin Administrative Code states: "Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others academic endeavors." (§ UWS 14.01) Plagiarism and other forms of academic misconduct are serious offenses with severe penalties. While students are encouraged to work together, it is expected that each student will turn in their own work.