



Learning Assistance Center

City College of San Francisco

TOPICS	WEBSITES
Personal Growth and Values	
1. Life Management	
* Time and energy management	mega site: EducationIndex.net - Tips for Time Management in College http://www.educationindex.net/educationarticles/collegesuniversitytips/academicsstudies/timemanagement-tips.html University Learning Centers – Pennsylvania State University http://www.ulc.psu.edu/studyskills/time_management.html Adprima.com - Effective Study Skills http://www.adprima.com/studyout.htm
* Motivation and procrastination	Student Academic Services – California Polytechnic State University http://sas.calpoly.edu/asc/ssl/procrastination.html Counseling Services– University at Buffalo – The State University of New York http://ub-counseling.buffalo.edu/stressprocrast.shtml
* Self-esteem and self-awareness	CMHC – Counseling and Mental Health Center – University of Texas at Austin http://www.utexas.edu/student/cmhc/booklets/selfesteem/selfest.html
2. Learning Styles	
*Active and passive learning	mega site: CollegePrep-101 http://www.collegeprep101.com/ Montana State University Billings – College Prep http://www.msubillings.edu/Future/CollegePrep101.htm
*Learning styles	Howard Gardner – Hobbs Professor of Cognition and Education – Harvard Graduate School http://www.howardgardner.com/Papers/papers.html
* Self-directed and collaborative learning	



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*Visual, auditory, kinesthetic, and tactile learning modes	<p>JCU Study Skills Online – James Cook University http://www.jcu.edu.au/studying/services/studyskills/learningst/index.html</p> <p>Strategies for Success – Learning Styles – San Antonio College, Texas http://www.accd.edu/sac/history/keller/ACCDitg/SSLs.html</p>
4. Instructor-Student Relations	
* Instructor requirements and students responsibilities	<p>CliffsNotes.com http://www.cliffsnotes.com/WileyCDA/Section/Prepare-for-College-Instructor-Student-Expectations.id-305416.articleId-55302.html</p>
* Assertive and passive classroom behaviors	<p>Difficult Behaviors in the Classroom – Honolulu Community College, Hawaii http://honolulu.hawaii.edu/intranet/committees/FacDevCom/guidebk/teachtip/behavior.htm</p>
5. Maintaining Health	
* Managing stress and relaxation techniques	<p>CMHC – Counseling and Mental Health Center – University of Texas at Austin http://www.utexas.edu/student/cmhc/booklets/stress/stress.html</p> <p>How to Maintain Nutritional Balance and Health – Campus Crusade for Christ International http://www.ccci.org/growth/growing-closer-to-god/how-to-fast/09-maintain-nutritional-balance.aspx</p>
* Dietary, sleep, and exercise requirements	<p>Academic Advancement Centers – Study Tips - Ohio University http://studytips.admsrv.ohio.edu/studytips/</p> <p>http://healthyhorns.utexas.edu/education/generalhealth.html</p>
* Drug and alcohol usage	<p>http://healthyhorns.utexas.edu/education/drugsandalcohol.html</p>
Academic Study Strategies	
1. Strengthening Memory and Concentration	
* Recognition and recall techniques	<p>Recalling Information – Purdue University Calumet School of Education http://education.calumet.purdue.edu/vockell/edpsybook/Edpsy6/edpsy6_recall.htm</p> <p>How to Increase Your Brain Power – Squidoo.com – How-to & Education http://www.squidoo.com/brainpowerincrease</p>
* Mnemonic devices	<p>Mnemonic Strategies - Purdue University Calumet School of Education http://education.calumet.purdue.edu/vockell/edpsybook/Edpsy6/edpsy6_mnemonics.htm</p>



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2. Lecture Note taking	
* 5R and other lecture note taking technique	The Cornell Note Taking System Document – Dartmouth College http://www.dartmouth.edu/~acskills/docs/cornell_note_taking.doc
3. Textbook Study System	
* Textbook reading techniques: topic sentences, main ideas, summarizing	Campusblues.com – Study Skills – Bentley College http://www.campusblues.com/studyskills.asp
* Textbook marking	Mark Your Books - University of Texas at Austin http://www.google.com/search?q=mark%20your%20books&site=utexas.edu Study System – Cuesta College – San Luis Obispo County Community College District http://academic.cuesta.edu/acasupp/as/606.htm How to Read a Textbook Chapter – Diablo Valley College http://www.dvc.edu/english/learning_resources/how_to_read_textbook_chapter.htm
4. Subject-Specific Study Techniques	
* Math	http://euler.slu.edu/Dept/SuccessinMath.html
* Science	How to Study Science – Santa Monica College http://homepage.smc.edu/goueth_pierre/Studyscience.htm
5. Test taking	
* Test-taking anxiety: visualization and relaxation techniques	Test-Taking Strategies – Bucks County Community College http://www.bucks.edu/~specpop/tests.htm Test-Taking Tips – Western State College of Colorado http://www.western.edu/ssc/study_skills/test_taking.html
* Test preparation and test-taking strategies	Purdue University – College of Liberal Arts http://www.cla.purdue.edu/asc/resources/how_to_prepare.pdf
* Objective exams	



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* Essay exams	TestTakingTips.com – Essay Test Tips http://www.testtakingtips.com/test/essay.htm
6. Using the Library	
* Research materials and techniques	The University of New Mexico – Service and Assistance – Using Library Research http://elibrary.unm.edu/services/libresearch.php
* Use of computers for library research	Effective Assignments Using Library and Internet Resources – University of California Berkeley http://www.lib.berkeley.edu/instruct/assignments.html
* Documentation techniques	
* Plagiarism	Avoiding Plagiarism – The Owl at Purdue University http://owl.english.purdue.edu/owl/resource/589/01/
Critical and Creative Thinking	
1. Critical Analysis and Problem Solving	
* Analytical, cognitive, vertical thinking style	A Course of Analytical Thinking powerpoint http://www.exinfm.com/workshop_files/Analytical%20Thinking%20Training.ppt Creativity & Thinking Skills – Air University http://www.au.af.mil/au/awc/awcgate/awc-thkg.htm
* Problem solving and decision making strategies	Decision Making Techniques – MindTools.com http://www.mindtools.com/pages/main/newMN_TED.htm
2. Creative and Visual Thinking	
* Relational, affective, lateral thinking style	Lateral Thinking Problems http://www.folj.com/lateral/
* Idea generation, intuition, imagination, puzzles, patterns, curiosity	Mind Puzzles – IncreaseBrainPower.com http://www.increasebrainpower.com/mind-puzzles.html



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Mega Study Skills Websites

	Educational Psychology: A Practical Approach – Purdue University Calumet School of Education http://education.calumet.purdue.edu/vockell/edpsybook/
	Purdue University – College of Liberal Arts http://www.cla.purdue.edu/asc/studentsupport/handouts/
	MindTools.com http://www.mindtools.com/index.html

OTHER

Time Management Templates	DIYPlanner.com – Time Management Templates http://www.diyplanner.com/templates/directory?filter0=**ALL**&filter1=18
Academic Advance Center	Academic Advancement Centers – Study Tips - Ohio University http://studytips.admsrv.ohio.edu/studytips/
	How to be a Successful Student – College of Marin http://www.marin.cc.ca.us/%7Edon/Study/Hcontents.html
	Handouts, Worksheets and other Self Study Materials – University of Texas Learning Center at Austin http://www.utexas.edu/student/utlc/learning_resources/