Recently I attended my second semester at City College of San Francisco (CCSF) and took LERN 50 College Success. Dr. Shaun Rowley who was recommended to me by a former student was the professor for LERN 50 College Success.

In the course Dr. Rowley sent us on a Campus Search where we were asked to identify areas of the Ocean Campus such as Student Union, the MUB Financial Aid Office, CCSF Bookstores, Health Center, Arts, at least 3 Computer Labs, etc. I also was able to identify my learning style, we were taught effective note taking, preparation for and taking tests, how to read different textbooks, flash cards, money management basics, relationship guidance, and more.

I identified my learning style as kinesthetic/tactile with read/write followed by visual and lastly aural. I used this knowledge to go to the weight room and re-read chapters and notes while on a treadmill. My grades improved noticeably.

For me one of the best aspects was, and is, productive, efficient, and useable note taking. Several formats were presented in *Your College Experience Edition 9*. Dr. Rowley felt that the Cornell was the best and I have found it works for me very well. I combine it with the Outline Format. Dr. Rowley emphasized the most important part of note taking is to review the class notes as soon as possible, creating a summary of what you took notes on. With the Cornell Method, summary, and review it allows notes to be moved from short to long term memory.

One of the other helpful items was how to take tests. Dr. Rowley emphasized reading the question(s) especially if they were essay question(s) because the reason the majority of students did not do well on exams was because they did not read the instructions. In the case of essay question(s) responding with a Bio of Lincoln when asked about Gettysburg and the pivotal role it played in the US Civil War will not guarantee a passing grade.

Different textbooks present different challenges to reading to gain their knowledge. English and History need to be read by skimming first then scanning. Math and science have to be approached with looking for symbols, notes, and formulas that are important. Once these are identified then each chapter needs to be scanned and problems worked step by step.

I still am learning how to use flash cards. I am finding them excellent aids in learning.

Money management assisted as did relationship guidance.

By far the two best experiences were the two papers, both were fun, informative, and challenging.

How does this apply now? I took History 17B this summer. With the note taking, textbook reading, and test taking strategies as well as knowing and using being active while studying I made 4.0 in the course. The Cornell System worked well for me. The most helpful was the review and summary of notes after class and when it came time to study for the exams it was easy. On the two exams I missed only one question out of 50 asked. The two essays were properly formatted and received full marks as to answering the questions asked.

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