

**STUDY SKILLS AND  
STRATEGIES FOR  
SUCESS IN  
CHEMISTRY AND  
SCIENCE COURSES IN  
GENERAL**

DR. GABRIELA SMEUREANU



# SETTING GOALS FOR GRADES

IS YOUR GOAL  SPECIFIC?  MEASURABLE?  ATTAINABLE?  
 REALISTIC?  TIME BOUND?

IF NOT, GO BACK AND REVISE YOUR GOAL TO MAKE SURE IT  
IS **SMART.**

[Growth Mindset - YouTube](#)



# USE STUDY GROUPS

"TWO HEADS ARE BETTER THAN ONE?"

THIS CAN BE ESPECIALLY TRUE WHEN IT COMES TO STUDYING. WORKING IN GROUPS ENABLES YOU TO :

- (1) GET HELP FROM OTHERS WHEN YOU'RE STRUGGLING TO UNDERSTAND A CONCEPT
- (2) COMPLETE ASSIGNMENTS MORE QUICKLY
- (3) TEACH OTHERS, WHEREBY HELPING BOTH THE OTHER STUDENTS AND YOURSELF TO INTERNALIZE THE SUBJECT MATTER.

HOWEVER, STUDY GROUPS CAN BECOME VERY INEFFECTIVE IF THEY'RE NOT STRUCTURED AND IF GROUP MEMBERS COME UNPREPARED. EFFECTIVE STUDENTS USE STUDY GROUPS EFFECTIVELY.



# PLANNING AND ORGANIZATION

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=P60RN9JEAPG](https://www.youtube.com/watch?v=P60RN9JEAPG)

**The 9 BEST Scientific Study Tips**



# MAKE A STUDY PLAN

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=AEI4K\\_HYZRW](https://www.youtube.com/watch?v=AEI4K_HYZRW)

<https://www.youtube.com/watch?v=ZFD4bnlRem0>

Studying involves the following...

- Reading the textbook and taking notes
- Watching videos and taking notes
- Doing practice problems (best without notes; only use notes to check yourself)
- Creating questions and quizzing yourself
- Working through problems with a study buddy or group
- Reviewing, re-writing, and/or summarizing lecture or reading notes
- Formulating study guides and outlines
- Making flashcards and reviewing them
- Teaching others

[Study Skills Tips](#)

[5 Day Study Plan and Menu](#)

# TIME MANAGEMENT

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZU3OI6E0XFC&LIST=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&INDEX=4](https://www.youtube.com/watch?v=ZU3OI6E0XFC&list=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=4)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LHFJVYZR-3G&T=3S](https://www.youtube.com/watch?v=LHFJVYZR-3G&t=3S)

[Pomodoro Technique for time management](#) and [Timer app](#)  
[Time Management Cheat Codes](#)



# PROCRASTINATION

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=2FT0DTFYBTU&LIST=P\\_LAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&INDEX=5](https://www.youtube.com/watch?v=2FT0DTFYBTU&list=P_LAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=5)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=1NBWFZZVJKO](https://www.youtube.com/watch?v=1NBWFZZVJKO)

[Procrastination Assessment and Prevention Tips](#)



# READING ASSIGNMENTS

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=DWX63EFIOK  
A&LIST=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3  
&INDEX=1](https://www.youtube.com/watch?v=DWX63EFIOK&list=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=1)

[SQ3R Reading System](#)





# TAKING NOTES

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=W44PY  
CEH0JC&LIST=PLAJCNGZFMODGYFVPSOPNHUA  
FVZSCA78D3&INDEX=2](https://www.youtube.com/watch?v=W44PYCEH0JC&list=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=2)

[How to take Cornell Notes Learning Module](#)  
[Creating Study Guides](#)  
[Note taking examples](#)



# MEMORIZATION

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=WNZ7HPOFE9O&LIST=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&INDEX=9](https://www.youtube.com/watch?v=WNZ7HPOFE9O&list=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=9)

[HTTPS://COLLEGEINFOGEEK.COM/SPACED-REPETITION-MEMORY-TECHNIQUE/](https://collegeinfo geek.com/spaced-repetition-memory-technique/)



# FOCUS AND CONCENTRATION

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=TYAZUAI  
OYUW&LIST=PLAJCNGZFMODGYFVPSOPNHUAFVZ  
SCA78D3&INDEX=10](https://www.youtube.com/watch?v=TYAZUAI0YUW&list=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=10)

[Freedom App to help with focus and concentration](#)

[Ambient Noise Tool for various tasks](#)



# STUDYING FOR TESTS AND EXAMS

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=BQKcWRUEES0&LIST=P  
LAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&INDEX=6](https://www.youtube.com/watch?v=BQKcWRUEES0&list=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=6)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=DB1E8PM6O7Q&LIST=  
PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&INDEX=7](https://www.youtube.com/watch?v=DB1E8PM6O7Q&list=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=7)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=1BBAKD3AUSO&LIST=  
PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&INDEX=11](https://www.youtube.com/watch?v=1BBAKD3AUSO&list=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=11)

[Test Prep Checklist](#)

[How and why to review returned tests](#)



# TEST ANXIETY

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=4FSGWLWDSS8  
&LIST=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&I  
NDEX=12](https://www.youtube.com/watch?v=4FSGWLWDSS8&list=PLAJCNGZFMODGYFVPSOPNHUAFVZSCA78D3&index=12)

[Mindfulness app free for CUNY students](#)  
[Fighting Test Anxiety](#)  
[You Can PASS tips to fight text anxiety](#)

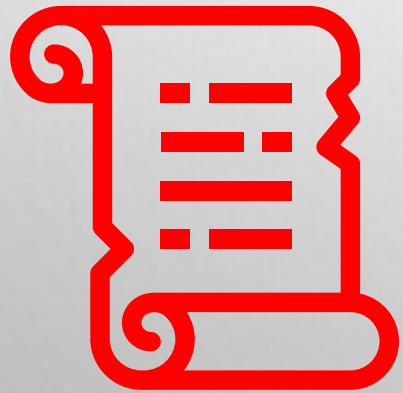


# ADDITIONAL STUDY SKILLS RESOURCES

- [STUDY SKILLS KIT](#) (ALL INCLUSIVE STUDY TIPS AND TOOLS FROM USU.EDU)
- [SPARK NOTES FOR CHEMISTRY](#)
- [ORGANIC CHEMISTRY HELP PAGE](#) (VIDEOS, TUTORIALS, FLASH CARDS AND TUTORIALS)
- [THOUHGTCO.COM FOR CHEMISTRY HELP](#)
- [THOUGHTCO.COM FOR BIOLOGY HELP](#)
- [BIOLOGY CONTENT RESOURCE PAGE](#)

The background is a light gray gradient. In the top-left and bottom-right corners, there are several realistic water droplets of various sizes, rendered with soft shadows and highlights to give them a three-dimensional appearance. The text "MORE RESOURCES" is centered in the middle of the page.

**MORE RESOURCES**



QUICK GUIDE

# NOTE TAKING

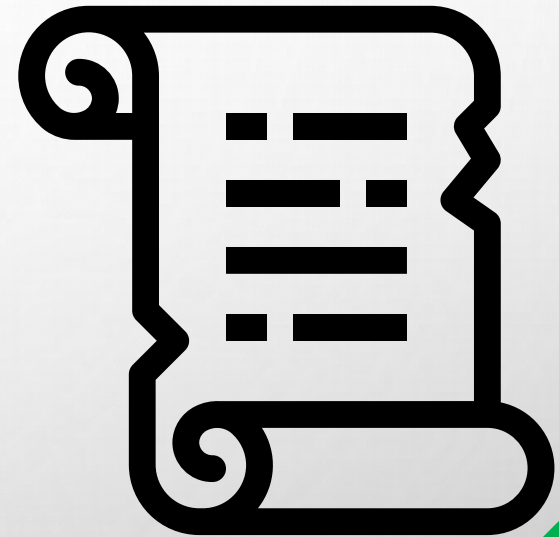




# PREPARE TO TAKING NOTES



- **READ BEFORE CLASS!!!**
- **REVIEW SYLLABUS AND COURSE SCHEDULE**



# THE PURPOSE OF TAKING NOTES

- NOTE TAKING KEEPS YOU FOCUSED DURING THE LESSON/LECTURE
- REMEMBER THE LESSON
- ENGAGING WITH THE MATERIAL FOR BETTER DEEPER UNDERSTANDING
- IMPROVES WRITING SKILLS (HELPS YOU BE MORE CONCISE AND TO STAY ON THE SPECIFIC SUBJECT)
- HELPS YOU FOCUS YOUR STUDYING
- NOTE: YOU HAVE ABOUT A 10-MINUTE ATTENTION SPAN, NOTE TAKING HELPS YOU REGAIN ATTENTION AND FOCUS



# GENERAL NOTE TAKING TIPS



- UNDERLINE, CIRCLE, HIGHLIGHT KEY POINTS
- USE DIFFERENT COLORS
- DRAW DIAGRAMS, CONCEPT MAPS, ETC
- WRITE NOTES IN A MEANINGFUL FOR YOU, ORGANIZE, OUTLINE, SHORTHAND & SYMBOLS
- DON'T WORRY ABOUT GRAMMAR

# GENERAL NOTE TAKING TIPS

- WRITE A SUMMARY OF THE TOPIC/LECTURE IN YOUR OWN WORDS
- HIGHLIGHT REPEATED AND/OR EMPHASIZED STATEMENTS
- DO NOT WRITE EVERYTHING, WRITE ONLY THE MAIN KEY IDEAS THAT YOU CAN EXPAND ON FOR LATER (USE BULLET POINTS)
- LEAVE SPACE TO ADD MORE NOTES IN THE MARGINS (OR IN BETWEEN LINES)



# HOW TO USE YOUR NOTES



- READ YOUR NOTES OFTEN TO STUDY
- READ YOUR NOTES TO IDENTIFY CHALLENGING CONTENT
- USE YOUR NOTES TO ASK QUESTIONS DURING OFFICE HOUR, FUTURE LECTURES, RECITATION, TUTORING AND/OR GROUP STUDY SESSIONS
- USE YOUR NOTES TO HELP YOU FOCUS ON SPECIFIC CONCEPTS WHILE READING THE TEXTBOOK AND WATCHING VIDEOS
- TAKE A FEW MINUTES TO READ YOUR NOTES BEFORE YOU LEAVE CLASS, OR AT THE END OF THE VIDEO, TO SUMMARIZE THE LESSON

# HOW TO USE YOUR NOTES

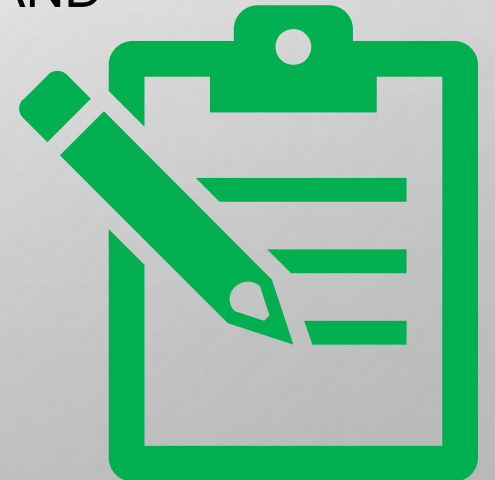
- CREATE A VIEW, FORMING OPINIONS ABOUT WHAT YOU LEARN (MAKING IT YOUR OWN)
- USE NOTES TO ANALYZE WHAT YOU ARE READING OR WATCHING (HELPS YOU THINK)
- STUDY NOTES, FROM THE SAME DAY AND THE PREVIOUS LESSON TO CONNECT THE LESSONS/LEARNING
- PRACTICING STRUCTURE OF NOTE TAKING SO THAT YOU HAVE LOGICAL FLOW OF INFORMATION (USE HEADINGS AND SUBHEADINGS AND BULLET POINTS)
- REVISE YOUR NOTES TO ADD MORE DETAILS ABOUT MISCONCEPTIONS, CLARIFICATION, EXAMPLES
- MATH AND SCIENCE -> DO NOT ERASE, USE STRIKE THROUGH INSTEAD EX ~~MISTAKE~~

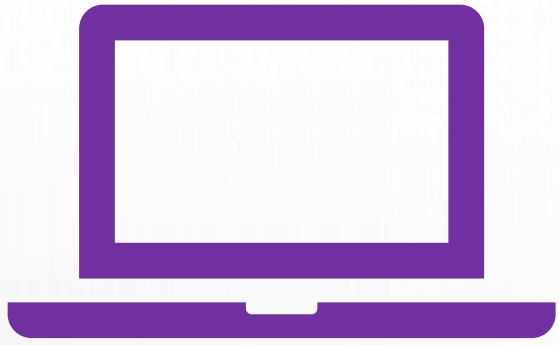


# HANDWRITTEN VS. TYPED (WORD PROCESSED) NOTE TAKING



- SOME STUDIES SUGGEST THAT HANDWRITTEN NOTES ARE BETTER THAN TYPED (WORD PROCESSED) NOTES FOR BETTER RETENTION AND FOCUS.
- WRITING NOTES BY HAND IS ALSO QUICKER, FOR MANY, THAN TYPING.
- WHETHER HANDWRITTEN OR TYPED NOTES ARE BETTER IS STILL UP FOR DEBATE
- TABLETS AND IPADS OFFER GREATER OPTIONS FOR PORTABILITY AND TRANSFERABILITY OF NOTES
- SCREEN SHOTS ARE GREAT FOR COPYING DIAGRAMS (MARK-UP)





# VIDEO NOTETAKING TIPS...



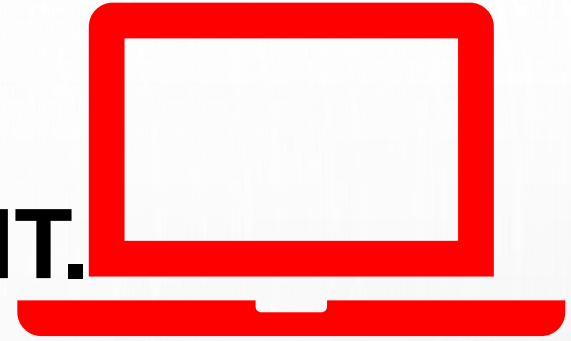


# VIDEOS ARE A FORM OF SPEECH/PRESENTATION

## SPEECHES SERVE 1 OF 3 PURPOSES

- TO ENTERTAIN
  - TO INFLUENCE
  - TO INFORM
- YOUR LECTURE VIDEOS ARE TO DELIVER INFORMATION
  - DO NOT LOOK FOR YOUR PROFESSORS TO MAKE YOU, LAUGH OUT LOUD, ETC.

# VIDEO NOTETAKING TIPS CONT.



- WATCH THE VIDEO LECTURE TO GATHER INFORMATION
- EXPECT TO TAKE NOTES IN THE SAME AS IN-PERSON LECTURE, ALREADY DESCRIBED
- EXPECT TO PUT IN THE TIME
- A 30-MINUTE VIDEO CAN TAKE YOU ABOUT AN HOUR TO WATCH AND TAKE NOTES
- EXPECT TO RE-WATCH YOUR VIDEOS
- JUST LIKE YOU SEE DIFFERENT THINGS EACH TIME YOU WATCH YOUR FAVORITE MOVIE, YOU WILL LEARN SOMETHING NEW RE-WATCHING LECTURE VIDEOS
- PACE YOURSELF, DON'T WATCH EVERY VIDEO ALL AT ONCE!

# FURTHER REFERENCES

- [HTTPS://CAREER-ADVICE.JOBS.AC.UK/CAREER-DEVELOPMENT/TOP-TEN-TIPS-ON-NOTE-TAKING/](https://career-advice.jobs.ac.uk/career-development/top-ten-tips-on-note-taking/)
- [HTTPS://WWW.STUDENT.UNSW.EDU.AU/NOTETAKING-TIPS](https://www.student.unsw.edu.au/notetaking-tips)
- [HTTPS://WWW.UMFK.EDU/STUDENT-SUCCESS/ACADEMIC-SUPPORT/NOTES/](https://www.umfk.edu/student-success/academic-support/notes/)
- [HTTPS://THECONVERSATION.COM/7-TIPS-ON-HOW-TO-TAKE-BETTER-NOTES-120144](https://theconversation.com/7-tips-on-how-to-take-better-notes-120144)
- [HTTPS://EN.WIKIPEDIA.ORG/WIKI/NOTE-TAKING](https://en.wikipedia.org/wiki/Note-taking)