Seven Minutes - Seven Steps to Student Success!

With Denise Hook, M.Ed., Learning Strategist

1. Time Management
   - Course outlines > Semester Plan
   - Phone calendar with alerts, day planner
   - Wunderlist app

2. Schedule
   - Weekly Schedule – class, work, other commitments

3. Procrastination!
   - 95% of people do it!
   - 5 * 5 * 5 – Just Do It! 5 minutes * 5 sentences * 5 paragraphs
   - Beating Procrastination ... Getting Motivated
   - Procrastination Benefits Chart
   - Priority Matrix – a visual to suppress panic (sticky notes of to-do’s – move accordingly)

4. Internet / Technology Control
   - “Self-Control” app on iDevices or in Google Chrome
   - Silence the phone!

5. Reading Comprehension – Making Connections
   - Take time to “set the stage”
   - What do you already know? Thoughts? Questions? Objectives of chapter?
   - Reflect on how this connects to other knowledge, courses, real life
   - Scrap the Highlighter!

6. Concept Maps
   - Main idea > main topics > sub topics > sub-sub topics > specific notes
   - Inspiration, Bubble.Us, XMind
   - Managing Exams

7. Exam Tips
   - 1 day, 1 week, 1 month
   - Concept maps: continue to build on poster size throughout term
   - Eat, breathe, sleep – cramming doesn’t work!
   - Managing Exams