

Building your study skills

1. Thinking back to task #4, do you consider yourself an auditory, visual or kinesthetic learner? Discuss at least 3 practical tips you could utilize from the *Study Skills Guide*.
2. Choose at least 3 skill categories you would like to improve. What are some strategies you could use for each? Consider both the *Study Skills Guide* and your own research. You should give specific examples of how you could use the skills in a subject you are taking.
3. Create a study plan for one of your upcoming midterms. Ensure that you integrate Joan Carver's seven steps.
4. How does stress and overall health affect academic performance? How do you feel about the upcoming midterms?
5. Consider the stress management tips in the Study Skills Guide. Are you currently utilizing any of these tips? Where could you improve?