



CS114

Academic Strategies for the IT Professional

Seminar 4

Agenda

CS114 - Seminar 4

1. Reading and Study Strategies
2. Looking ahead

Contact Information



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Office Hours: By appointment

Reading and Study Strategies

One size does not fit all

Reading Strategies

- Schedule your Reading
- Set a Reading Goal (e.g. number of pages)
- Get to know the conventions
- Avoid distractions
- Pace yourself
- Take notes on main points
- Consider the purpose of the reading (different fields have different styles that may require different methods or pacing guides)
- Targeted re-reading

Reading Strategies

- Annotate
- Skimming
- Make your reading interesting
- Avoid reading fatigue
- Previewing
- Asking questions
- Set yourself up for success

Reading Strategies

- Make flashcards
- Detailed reading
- Accessing prior knowledge
- Highlight
- Read your most difficult assignments early
- Make connections
- Summarize

Study Strategies

Active Learning & Retention:

- **Active Recall:** Instead of passively rereading notes, try to recall information from memory. Create practice questions, trade questions with peers, or use flashcards to test yourself.
- **Spaced Practice:** Distribute your study sessions over time rather than cramming. This allows your brain to make deeper connections and improves long-term retention.
- **Active Reading:** Engage with the material by highlighting key points, annotating, and formulating questions. The SQ3R method (Survey, Question, Read, Recite, Review) can be helpful for this.
- **Teaching the Material:** Explain concepts to a friend or study group. This forces you to clarify your understanding and identify any gaps in your knowledge.

Study Strategies



Time Management & Organization:

- **Schedule Creation:** Develop a weekly schedule and allocate specific time blocks for each subject or task.
- **Prioritization:** Identify your most important tasks and complete them first. Use planners or digital tools to stay organized.
- **Goal Setting:** Set specific, measurable, achievable, relevant, and time-bound (SMART) goals.
- **Time Tracking:** Monitor your progress and make adjustments as needed.

Study Strategies



Study Tools & Resources:

- **Flashcards:** Create flashcards to memorize key terms, concepts, and formulas.
- **Concept Maps:** Organize information visually to see how different ideas relate to each other.
- **Practice Tests:** Use practice tests to simulate exam conditions and identify areas where you need to improve.
- **Study Groups:** Collaborate with peers to discuss material, clarify questions, and support each other.
- **Tutoring:** Don't hesitate to seek help from tutors or professors if you're struggling with a particular subject.

Study Strategies



Additional Tips:

- **Identify Your Learning Style:** Understand how you learn best (visual, auditory, kinesthetic, etc.) and adjust your study methods accordingly.
- **Stay Motivated:** Keep your long-term goals in mind and celebrate your progress along the way.
- **Take Breaks:** Avoid burnout by taking regular breaks and engaging in activities you enjoy.
- **Prioritize Sleep & Nutrition:** Ensure you're getting enough rest and eating healthy to support your cognitive function.
- **Seek Support:** Reach out to your professors, counselors, or academic advisors if you're facing challenges.

Looking Ahead

For next seminar

Next time

Seminar 5

We will review **for the Unit 5 exam.**

THANK YOU

Questions? Please contact me:

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