

# Academic Success Coach's Tip for Success

## Active Learning: Getting the most out of class

### 1) Read the objectives first!

Begin each new week or module by first reading the objectives. This will prime the brain for what you are looking for. It is also a good overview of the materials you will be covering. Begin to ask yourself, "What do I already know? What am I missing? How does the material fit in with this semester focus?"

For papers or assignments, read through the instructions and rubric while highlighting details. Make your outline of how you will do the assignment.

### 3) The textbook is not optional; read it!

Reading the textbook creates the context, depth, and breadth you need for the lecture. Faculty talk about highlights with the assumption you have done your work by reading the textbook.

Once you know what you are looking for from the objectives and have been given more direction by going over the PPT, you are ready to tackle the textbook.

Begin by skimming; look at the headings, pictures, charts, and highlighted sections. Then read the end-of-chapter summary and questions. Now go back to the beginning of the chapter. As you read the first few sentences of each paragraph, decide to skim or read based on what you are looking for. Take Cornell notes on what you read!

#### 2) Print the PPT slides.

Three slides to a page with lines for taking notes on the right side.

Sleep Hygiene Overview	
Start with using a sleep and day/ownel	
Physical Pochological Medical  - Address medical psychological issues  - Utilize pain management strategies  - Get a sizes study done if indicated for strong or cleey agrees	
Spect management breathing, releasion eneroses, hypnopis, biolecthook, cognitive behavioral therep, massage, etc.	
Sleep Hygiene Overview  Bird Statement symmetries  - Sea to sea continue symmetries  - Sea to sea continue symmetries  - Sea to sea continue symmetries  - Another continue continue south of the sea	
Sleep Hygiene Overview <u>Friviorement</u> - Meet part the destront a quest, cool, dark, contractions accorded according.	
Name perticultance in a service or ancew room.     Name region time for going to seep and.	
getting up, evications - Make ture material and provide connotation	
<ul> <li>Viors with puritier traddress snoring, RUS.</li> <li>Siege sprea</li> </ul>	

As you read through the slides, turn each slide into a question and write that above the slide to use for self-quizzing later.

4) In class; listen, ask questions, and take notes.

Be prepared to ask for clarification of any questions you have.

Use the PPT slide handouts to take hand-written notes. Only record what is not already on the slide or in your textbook notes.

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,982,942 with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.