

**ACADEMIC SKILLS CENTER
STUDY SKILLS SEMINARS
Assessment Overview 2008-2009**

Learning Outcomes

Depending upon the topics covered in specific seminars, students will be able to:

- improve his/her study skills;
- identify the different types of study skills seminars offered by the Academic Skills Center: time management, note taking, test preparation, test taking, memory skills, learning styles, textbook processing, reading rate and comprehension;
- learn about free tutoring resources list that is available to Cal Poly students;
- learn strategies for preparing for multiple choice and essay test questions;
- learn the importance of proper nutrition, exercise and sleep;
- Learn how to use memorization techniques, such as distributed practice, mnemonic devices, forgetting;
- identify symptoms of performance anxiety;
- use frequent short reviews when reviewing notes;
- formulate a weekly study schedule;
- complete a *To Do* List;
- organize a long term project
- organize course notes;
- highlight or add cues to notes;
- utilize different note taking techniques.

Attendance Figures

68 Study Skills Seminars
919 student contacts

92.95% of participants rated the seminars either a 4, 5 or 6 on a 6 point scale (1 = *strongly disagree* and 6 = *strongly agree*) that the presentation they attended fulfilled their expectations.

A Sample of Student Comments/Testimonials

- It was very informative and I feel that I can pass my classes with proper time management
- I really like the idea of short frequent reviews of my notes. I read somewhere that as a college student, I should always keep a textbook with me and that has helped me so far. Thank you!
- The seminar was very helpful. I cannot wait to try some of the techniques discussed.
- This seminar provided me with helpful information and tips to improve my test performance.
- Thank you, the reading rate test was both surprising and informative to me. I tend to read slower than most people. The power point was very- straightforward and clean. Your advice seems logical and worth a shot. Thanks.
- Lots of very practical knowledge.