

SKILLS DEVELOPMENT ASSIGNMENTS FOR STUDY TECHNIQUES

Study Habits and Brain Research

NOTE: The reading level for this assignment has an advisory of eligibility for English 68 and Read 100. Please discuss these advisories with your student before choosing this as an assignment.

Reading Assignment

Request the following textbook:

Course Reader for STDY 100

Read the article *Forget What You Know About Good Study Habits* by Benedict Carey.

- Take notes from the article on how you can apply the research to your own studying habits. Note: The focus of your notes should be on what you would change about your studying habits; there are seven suggestions in the reading.

Internet Assignments

Internet Video Lessons – Review the following online video(s). Take notes while you watch.

[Maximize the Power of Your Brain - Tony Buzan Mindmapping](#)

Application of Learning

Create a mindmap using the notes you took from the article *Forget What You Know About Good Study Habits* by Benedict Carey and using the principles you learned for mind mapping from the Tony Buzan video.

Note: You can ask your skills development instructor or one of the tutors for colored pencils to draw your mindmap.

Assessments

Ask your Skills Development Instructor for the final reflection for this assignment entitled *Reflection is Part of Learning*.