

Study Skills Workshops: How to Get Motivated



**OFFERED BY THE CENTER FOR TEACHING
AND LEARNING**

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Reflection



1. Why are you in college?
2. Is succeeding in college one of your major priorities right now?
3. Why are taking your specific courses this semester?
4. Are you taking enough time each course requires to succeed in each course?

What Happens When We Try to Study?



- [You Tube Clip](#)
- Write on the board how this video portrays how you study
- Write on the board some things that happen when you try to study that wasn't necessarily portrayed in the video

Reasons Why You Study



- **Example reasons:**
 - I study because I want to earn good grades. +, I, S
 - I study because I want to pass this course. +, D, L
 - I study because I want to graduate. +, D, L
 - I study because I want to be a high school teacher. +, D, L
- **Which ones are good reasons?**
- **Which ones are bad reasons?**

Create a Self-Reinforcement System



- **Identify a small amount of studying**
 - One chapter of reading
 - Outline for a paper
 - Reviewing notes for a test
- **Create an immediate reward**
 - Playing video game, watching TV, running
 - Food or drink break
 - Money in a jar for delayed reward (movie ticket)

Small Group Activity



- **Get into small groups**
- **Write down all of your current assignments**
- **Talk with you group members about how you will create a self-reinforcement system for each of your assignments.**
- **Use the back of your worksheet to note these ideas.**

Final Tips



- Winning Through Wedging
- Create a study group for your hardest class
- Start these new study habits now!