



# Study Techniques Learning Pathways

## Goal Setting and Personal Values

Activities									Assessments		
Read/(Books)			Watch/(Videos) Listen/(Audiotapes)			Explore (Internet/Computer Software)			Reflect		
Do	What	How	Do	What	How	Do	What	How	Do	What	How
O	<i>On Course</i> Chapter 3	1. Read. 2. Take notes 3. Explain how what you learned relates to your own life and goal setting skills.				O	<a href="http://www.adultstudent.com/student/goals.html">http://www.adultstudent.com/student/goals.html</a>	Read and complete activities at end of goal setting page	O	Create a life plan following the guidelines in journal #2 of <i>On Course</i> . NOTE: It must follow DAPPS guidelines.	Write a one-page summary of your work. What did you learn? What grade would you give yourself on this project? Why? What would you do differently next time?
O	<i>Power Learning</i> Chapter 1	1. Read. 2. Take notes 3. Explain how what you learned relates to your own life and goal setting skills.				O	<a href="http://www.mygoals.com/content/career-goals.html">http://www.mygoals.com/content/career-goals.html</a>	Read and write a one page summary of what you learned.	O	Create a short-term goal that can be completed in one week. It must be challenging and achievable.	Write a one-page summary of your work. What did you learn? What grade would you give yourself on this project? Why? What would you do differently next time
O	<i>How to Study in College</i> Pgs. xvii-xxi	1. Read. 2. Take notes 3. Explain how what you learned relates to your own life and goal setting skills.				O	<a href="http://www.clubnt.org/my_collegian/goal_setting.htm">http://www.clubnt.org/my_collegian/goal_setting.htm</a>	Read and complete activities as described on website.	O	Create a long-term goal plan according to what you have learned thus far. It must be challenging and achievable	Write a one-page summary of your work. What did you learn? What grade would you give yourself on this project? Why? What would you do differently next time