



Videos To Help Students Develop Effective Study Skills

Although students may study long and hard, ineffective or inefficient study habits often result in unsuccessful outcomes.

This series of well researched and acclaimed short videos, each only 7-8 minutes in length, explains that by changing approaches to studying and by using effective strategies, students can get optimal learning out of their study time and be more likely to succeed in their academic endeavors. The LRC staff hopes that all Unity College students will take a few moments to view the videos and employ their suggested strategies.

The following videos are used with permission from Dr. Stephen L. Chew, Professor and Chair of the Department of Psychology at Samford University:

Beliefs That Make You Fail...Or Succeed

This video examines common mistaken assumptions that can undermine the way students learn. The film tries to correct those misconceptions and suggests more accurate learning beliefs.

<http://www.youtube.com/watch?v=RH95h36NChI&feature=related>

What Students Should Understand About How People Learn

This video introduces a simple but powerful theory of memory called Levels of Processing that can help students improve the way they study.

<http://www.youtube.com/watch?v=907y7XEC66M&feature=related>

Cognitive Principles for Optimizing Learning

This video operationalizes the concept of Levels of Processing into four principles that students can use to develop effective study strategies.

<http://www.youtube.com/watch?v=1xeHh5DnClw&feature=related>

Putting the Principles for Optimizing Learning into Practice

This video applies the principles of deep processing to common study situations, including note taking and highlighting while reading.

<http://www.youtube.com/watch?v=E9GrOxhYZdQ&feature=related>

I Blew the Exam, Now What?

This video addresses exactly what students should and should not do when they earn a bad grade on an exam.

<http://www.youtube.com/watch?v=-QVRiMkdRsU&feature=related>