Foundational Study Skills (strategies for comprehending and mastering concepts and skills):

- Note-taking
- Using graphic-organizers
- Contextualizing concepts (applying them to real life) such as students identifying the concept/skill in their own lives, "real world" examples of concept application, service learning, field trips, field studies)
- Teaching/learning through Learning Communities
- Project Based Learning and Problem Based Learning (Discovering concepts within the context of a project and grappling with a challenge)
- Students creating questions from course notes

Motivation & Personal Responsibility (Self-Regulation)

- Analyzing work for errors
- Scheduling/organizing time
- Prioritizing
- Persistance: Persisting beyond or past a challenge; figuring out how to "figure things out";
- Having awareness of and using using intrinsic motivation
- Setting goals and achievable steps toward goal
- Using outside resources to help you

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Course Concepts & Skills

Awareness of One's Thinking (Metacognition)

- Reflecting on completed work
- Transfering skills to other contexts
- "Talking to the text" (say out loud or write what you think in your mind)
- Noticing what blocks one's learning and how to overcome those blocks
- Noticing personal patterns of decision making
- Noticing personal perceptions and biases, thinking about their origins, and separating those from an observation when needed

Critical Thinking:

- Analyzing: breaking down ideas, concepts, stories; finding meaning; searching for causes and effects
- Synthesizing: Connecting to one concept other ideas, concepts, spearate assignments, separate disciplines, personal experience
- Questioning: questioning causes and effects; exploring possibilities; wondering about implications; asking, "What does this mean? Why?";
- Evaluating: Examining how information is presented or the results of processes; explriong the "why" of phenomena; asking, "What is the effect of that presentation style? What makes this valid or invalid? Why does it matter?"