

EXCEL Learning Systems Summer Programs

10627 Jones St., Fairfax VA 22030

www.excellearn.com

703-273-6330

STUDYING FOR RESULTS

Some students don't know how to study when they need to because they have never had to study in the past. Suddenly, they encounter a demanding class and then things go wrong – fast. By the first interim period, they are having problems keeping up, understanding the textbook, taking comprehensive notes, doing the right assignments and controlling their stress levels. They begin wishing they had not signed up for a particular AP course or begin dreading the prospect of eight more months of Chemistry or Physics. All of this angst is because they never learned how to study.

Course Format

The course will be taught in a small-group tutorial format – 2 or 3 students. Classes will last 1 ½ hours, meet once per week and span a six-week period. Classes will be highly interactive and hands-on.

Course Content

The course shows students how to develop a personalized approach to studying. Each student will create a Personalized Learning Profile that highlights the most effective approaches and techniques for different subjects and different teacher-types. Topics include:

1. Managing attention
2. Managing time
3. Managing emotions and stress
4. Motivating yourself
5. Memorizing for effective recall
6. Note-taking
7. Analytical/critical reading
8. Studying for multiple choice tests
9. Studying for essay tests
10. Avoiding the plagiarism trap when using the Internet

Instructor

Dr. Lynda Beemer drbeemer@excellearn.com

Schedule

Choose a scheduled course or create your own group and schedule. Either way we want to teach you how to study.

Summer Schedule

| Section | Day | Date | Time |
|---------|------------|------------------------------------|----------|
| 300-S | Tuesdays | July 6, 13, 20, 27; Aug 3, 10 | 4-5:30pm |
| 310-S | Wednesdays | July 28; Aug 4, 11, 18, 25; Sept 1 | 2-3:30pm |

Tuition

Fee: \$595

Deposit: \$150 at time of registration

Balance: Due at time of first class

Credit cards and checks

Registration

Call, email or visit our website to register.

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