**Video 3: Successful Learning in Class**

>> Student 3: Okay, so how do I maximize my time in the classroom?

>> Student 2: Well, the first thing is going to class.

>> Student 3: Really? I never would have guessed.

>> Student 1: Well, I mean, sometimes you think that missing one class won’t be so bad if you want to sleep in or maybe you want to go to an event. But those can add up pretty fast, so that’s a good time to keep your goals in mind, so you don’t have to be motivated by stress.

>> Student 3: Okay, so I go to class. What else? That seems so easy.

>> Student 2: Well, I think it depends on the class. I like to print out the PowerPoint slides before going. That way I can take notes on what the professor says that they don’t cover in the presentation.

>> Student 1: A good rule of thumb is, if it’s written on the board, it’s probably important.

>> Student 2: Also, if the professor says, “this is important”, good cue to take notes.

>> Student 1: It’s also a good idea to write down notes before class on the material, so when you get there, if there’s anything you’re confused on or have questions, you can ask those questions during class and then take notes on the answers.

Student 2: Also include examples and comparisons the professor gives. It’ll help you understand the main ideas.

>> Student 3: WOULD it help to highlight the main ideas and main events?

>> Student 1: Yes, that’s also a good idea to do after lecture so you don’t miss anything during the lecture. I also personally like to add a summary at the end of my notes, so that I can review that.

>> Student 3: Okay, these are all really good but what about discussions? How do I take notes during discussions?

>> Student 2: Well, I’d take notes of the main ideas and any citations the textbook.

>> Student 1: Yeah, those can be really helpful and a lot of times it comes down to what you find interesting. If there’s an idea that you haven’t thought of, then write it down.

>> Student 2: Also, it helps to come prepared with questions, that way you can have the students and the teacher there to help you answer them.

>> Student 1: And if you’re still confused about something after the class discussion, you can use your teacher’s office hours to come in and they can explain things.

>> Student 3: I just feel bad taking up their time though.

>> Student 2: Don’t! They are there to help you. I mean, sure you can’t bother them every single hour of the day, but office hours are meant for them to help students.

>> Student 3: Okay, but what about studying? I always feel like I’m cramming and I never can remember everything that’s on the test.

>> Student 2: Well, a lot of work can be done by going back to your notes immediately after class and highlighting what’s important.

>> Student 3: All of it.

>> Student 1: Yeah, well. Remember dates, people, events, formulas, and ideas. You can even put these on flashcards and review them every night before you go to bed. I mean, every other night might even work.

>> Student 2: Also, study groups are very helpful if you know a couple people in the class. You can get together every week or so and go over ideas people don’t understand. Compare notes and generally discuss what are the most important topics.

>> Student 1: Really, as long as you dedicate about an hour a week to review, then you’ll have a much higher retention rate and it’ll lower your stress before the test.

>> Student 3: It doesn’t sound that hard when y’all put it that way. Oh, look, the first professor emailed me back. Guess it’s time to start getting to work, huh?

>> Student 2: Yea.

>> Student 1: Well, don’t forget to take breaks every 20 minutes to eat, sleep, or just relax and no more coffee today.

>> Student 3: Okay. Thanks for everything guys, it really helped.

>> Student 2: See ya

>> Student 1: Bye

>> Narrator: *If you have any further concerns or questions, please visit the Academic Support Center website for more tips on studying, time management and note-taking skills. Feel free to stop by the ASC to talk with a tutor or Tony Kazan at the Learning Support and Disability Services with any inquiries. The Wellness Center is always open to help you manage stress or any other troubles.*