ACAD 105
READING AND STUDY STRATEGIES

Course emphasis on:
- Note taking and listening in lecture courses
- Effective comprehension of reading assignments
- Strategies in learning how to learn
- Test preparation & test anxiety
- Turning motivation into action
- Goal setting
- Time management & homework planning
- Developing confidence as a student
- Adapting study strategies to individual learning styles

Course Details:
- 3 Credit Hours
- Grading Basis: Pass/Fail
- Small class size with peer mentor support

Contact Information:
Linda Kirby
lindakirby@boisestate.edu
426-4867
Past students’ comments

“Now when I have an exam, instead of stressing out and freezing, I use the tools I have learned from this course and it is smooth sailing from there.”

“This course set a solid foundation for my college career success.”

“I have gained several tools that will help me in being a more pro-active and thorough student. This course has also bolstered my confidence in my capability of being a good student.”

“105 helped me break down each chapter for study strategies. The reading strategy has helped me understand information that would normally bore me. Not only will I use these strategies for school I’m going to use them for work. I’m extremely happy I enrolled in this class.”