**NOTETAKING FINAL EXAM REVIEW**

**Unit One: Planning for Academic Success**

* Learning Styles:
	+ What are the three styles?
	+ Which did you test as?
	+ Did you agree or disagree with the results?
	+ What are specific learning strategies you can use given your actual learning style?
* Goal Setting:
	+ Know what SMART Goals are.
	+ You have to know what each of the letters stands for and why each step is important in setting goals.
	+ Know what short, intermediate and long term goals are.
	+ Be prepared to give examples of each in the SMART goal format
* Motivation:
	+ Know the difference between Intrinsic and Extrinsic Motivation
	+ Be able to give examples of each type of motivation that makes it clear why it’s intrinsic or extrinsic
	+ Talk about which type of motivation works best for you

**Unit Two: Notetaking Strategies**

* Notetaking Methods
	+ Be able to define and discuss various Notetaking methods (outlining, diagramming, graphing, Cornell Method etc…)
	+ Talk Pros and Cons of different methods and settle on which style works best for you and why.
* Reading Strategies
	+ Know what SQRW stands for in terms of pre-reading strategies.
	+ What does each letter mean?
	+ What does the reader do in each step?
	+ Is each step done before, during or after reading?

**Unit Three: Improving Mindset and Memory**

* Mindset
	+ Be able to define and explain Fixed vs. Growth Mindset.
	+ Give examples of each from your own experiences. Something you (or somebody you know) might approach with a fixed mindset. Something you (or somebody you know) might approach with a growth mindset.
	+ Be able to define and explain GRIT. Talk about what studies are proving about the importance of grit vs the importance of natural ability and talent.
* Memory
	+ What are the two areas, or compartments, in your memory? Short-term vs. long term and how to move information from one to the other.
	+ Understand what rehearsal, deletion, decay and interference mean when talking about memory and retention of information.
	+ Read the article “Top Ways to Improve your Memory” from the memory packet. It gave specific methods to improve memory. Be able to discuss your favorite 2-3
	+ Be able to discuss the Curve of Forgetting article we read in class. What does it say about the importance of consistent review?

**Test Preparation and Test Taking Strategies:**

* Test Prep
	+ Discuss your favorite strategies for before, during and after a test
* Test Taking Strategies
	+ Discuss your favorite strategies for different types of tests (multiple choice, t/f, short answer, essay etc…)