

Health Careers and You

So you got in... What does your life
look now!!

Study Skills

- How do you learn information?
- What are your current study habits?
- How much time do you allow for studying currently?
- Will the tests be harder or easier than what you have prepared for in other classes?
- What is different about these programs from regular classes at Triton?

Study Skills

- Preparing for classes starts on the first day of class
 - Read the course syllabus and review it throughout the semester
 - Take notes on what your professor lectures on.
 - Participate in class to grasp a better understanding of presented material

Study Skills

- Use your smart phone as a study tool
 - Create note cards using free apps
 - http://www.youtube.com/watch?v=jn_s9HZzrDU
 - Create an audio recording of your professors' lectures (by permission only)
 - Utilize the calendar function to set study reminders
 - Utilize alarms to have designated study times and break times

Study Skills Tests



Study Skills Tests

- Tests taken at the college level require more preparation time. Tests taken in Allied Health Courses require at a minimum the same time if not more.
- Tests taken at the college level may require the use of novel studying techniques (reviewing notes, re-reading text, etc.)
- Use your own way to prepare for tests(note cards, audio recordings, etc.)
- Make a note of what chapters are due and schedule it in your planner for reading and test preparation.

Time Management

- There are 24 hours in a day and 168 hours in a week.
- Do you need to study 3 hours for every credit hour you take at college?
- Health Career Courses require more time

Time Management

- An essential function of studying and time management is planning your days and week as thoroughly as possible. Make a list of all the chores and things you need to do in your day, week, and month.
- Go Ahead!! Make one!

Time Management

- Now that we have added classes and your personal day to day things.
- Is there anything we have forgotten?
- Could you think of anything else at all?
- When did you put write down studying for the class?
- Did you think of eating? Children? Families? Friends? Commuting? Showering?

Time Management Activity

- Lets wrap up this high energy day!
- You have a weekly planner that was given to you. With all the things we discussed, please write down a schedule with the hypothetical class being 8-5 everyday and put everything else into your schedule. Please use sample planner sheet that was provided.
- Do you need more help in completing your studying and daily tasks.

Questions?



- If you need to reach a counselor...
- your counselor while in your programs will be

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