

Test One Review Topics
Stdy 80 – Studying & Learning
Professor: Kathleen High

The first test will be in class at the regular time.

There will be a combination of True/False, Multiple Choice, Short Answer, Matching and Essay questions. It is worth 25 points total (5%) towards your final grade.

Following are the concepts with which you should be familiar in order to do well on this test. **You will need a #882E Scantron form and a #2 pencil.**

Understanding Learning

- Know the three parts of the brain and how they affect learning.
- Know the point the author was making about how school wounding impact learning.

Self Awareness

- Know the relationship between personality type and learning styles.
- Know the three sensory learning styles, including your own.
- Know the order of the different levels of needs according to Maslow's Hierarchy of Needs Theory.
- Be able to explain what a paradigm shift is and give an example.
- Be able to identify what the different generations value according to the Generational Values assignment.
- Be able to identify cultural influences on attitudes towards higher education.
- Know the four ways to identify your personality (MBTI) Best Fit Type.
- Be able to identify the many different ways people view success.

Self Direction

- Know what types of factors (arrows) can positively or negatively affect a Dream Chaser's and Goal Setter's journey.
- Be able to name the four phases of "The Process" of the Dream Chasers & Goal Setter's Journey.
- Know the relationship between time management and boundaries.
- Be able to identify the Five Love Languages.
- Understand the 3 major points behind the Puzzle Hunt Game.
- Know the three common views of education (*from the Motivation assignment*), and what is yours.
- Know which of Covey's Four Quadrants will facilitate a person achieving their goals, and how much of your energies should be spent in this quadrant.
- Be able to name the four types of jobs according to the "Reaching Career Goals" exercise.
- Be able to identify from the Faculty Relations assignment student behaviors that impact positively or negatively how their teachers will treat them.
- Recognize some of the Hidden Rules of higher education
- Understand how a Rapidly Changing World will impact your education and career goals.
- Recognize different examples of effective vs. ineffective helping (*from Responsible Helper*).
- Be able to explain how Happenstance theory relates to goal setting.