Albertson College of Idaho CATALOG 2003-2004 Effective Studying

## Effective Studying (STS)

STS-110 Effective Studying 1.0 cr.

Fall, winter, spring. A course designed to challenge students to learn about and apply efficient studying techniques. Topics addressed include goal setting, time management, learning styles, note-taking, reading critically, test taking, memory, writing, relationships and resources. Three hours weekly. May be taken for a maximum of three credits.