

# Time Management / Study Skills

by Vania Silva

# Time Management

- Tangible Schedule
  - Before semester even starts (the easy part)
  - Stick to it!!! (the hard part)
    - Discipline

<b>Monday</b>	<b>Tuesday</b>	<b>Wed</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Neurology 9:00-12:00</b>	<b>Comm. Develop. Disorders 9:00-12:00</b>	<b>Fort Funston Play</b>	<b>English for Non Native Speakers 8:00-10:00</b>	<b>Fort Funston Play</b>	<b>Work</b>	<b>Clean House</b>
<b>NSSLHA 12:00-1:00</b>	<b>Volunteer at CPMC 1:30-4:30</b>	<b>Neuro Reading 1:00-3:30</b>	<b>Tutor 10:00-12:00</b>	<b>Read Laura's class 1:00-3:30</b>	<b>Work</b>	<b>Play</b>
<b>Voice/Flue ncy 1:00-4:00</b>	<b>Pick up Alfie 5:15</b>	<b>Park/play</b>	<b>Audiometry or Neuro Study 12:00-1:00</b>	<b>Park/play</b>	<b>Work</b>	<b>Service 1:00-3:00</b>
<b>Work 5:00-10:30</b>	<b>Service 7:00-9:00</b>	<b>Dinner Bedtime routine</b>	<b>Audiometry 1:00-4:00</b>	<b>Dinner Bedtime routine</b>	<b>Work</b>	<b>Work 4:00-10:30</b>
<b>Prep Laura's class</b>	<b>Dinner Night</b>	<b>Audiometry Prep 9:00-</b>	<b>Study time 9:00-</b>	<b>Voice/Flue ncy prep 9:00-</b>	<b>Work</b>	<b>Neuro Reading 11:00-</b>

# Be Prepared

- Do readings *before* lecture.
- When reading always...
  - Be conscience of what the material is relating to.
  - Categorize it by paying careful attention to how the text outlines the material.
  - Constantly remind yourself: what is the main heading of the material I am currently reading.
  - Write your questions in the margins of the text

# Be Prepared cont.

- Bring textbooks to class
  - Follow the lecture in the text
    - Can easily access how to spell words, names, etc.
- Ask questions for clarification

# Record Lectures

- Use recordings as a backup to your notes
- Write down what you can, but don't let note taking distract you from following teacher's train of thought. You have recording to fill in the spots you may have missed. Write *listen* in notes to remind you to go back.
- Listen to recordings!!!
- Listen while driving, getting ready in the morning, walking, riding the bus, etc.

# Studying for Tests

# Note cards, Note cards, Note cards

- Why I love them:
  - You can't see what's on the back
  - Forces you to know the material
  - They are light, portable, and easily accessible



# Note cards cont.

- Make them on a weekly basis
  - Command to memory weekly information
    - Cramming the night before is not that successful (especially in long run)
    - Give your brain time to store information in long term memory (LTP)

# Note cards cont.

- What to put on them:
  - Make them from your notes
    - If the teacher talks about it, you probably need to know it
  - All information from power point slides
  - Study guide topics, questions, etc.

# Note cards cont.

- How to arrange them:
  - Categorically

Example of a note card  
arrangement....

# Models of Speech Acquisition

## (3)

Front of note card 1

# 1. Traditional models

- Behaviorists

# 2. Linguistic Models (5)

- Generative
- Natural
- Nonlinear
- Optimality
- Sonority hypothesis

# 3. Psycholinguistic Models

- Single-lexicon
- Two-lexicon

# Traditional Model of Speech Acquisition

Front of note card 2

## Behaviorist Model (Skinner)

Imitation and reinforcement

Widely used in therapy

Criticism of application- children master speech and language acquisition more quickly than they could if they had to depend on stimulus-response mechanisms to learn each element



# Studying for test cont.

- Essay questions/Written material
  - Practice writing it out
    - Kinesthetic motion, visualization
- Keep in mind style of the test when studying
  - Multiple choice, matching, written out, etc.

# Ways to find more time to study...

- Bring note cards with you
- Listen to lectures while:
  - Driving
  - Getting ready in the morning
  - While walking, on bus, etc.

Happy  
Studying!!!!