

# STUDY TECHNIQUES (STDY)

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## **STDY 80 Foundations for Academic Success**

**3 Units** (Not Degree Applicable)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 54

College success course emphasizing academic achievement that promotes learning through self awareness, time management, listening, note taking, oral and written communication, test taking, memorization, and the use of campus resources using a brain-based perspective.

## **STDY 85A Basic Overview of Strategies for Academic Success**

**1 Unit** (Not Degree Applicable)

Lecture: 18

College success study techniques course emphasizing memory, motivation, note-taking, test-taking, and time management strategies.

## **STDY 85C Success Skills for Online Learning**

**1 Unit** (Not Degree Applicable)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 18

Prepares students to take online classes and introduces students to strategies for online learning. Introductory college success course overview for online learning using a brain-research perspective emphasizing success strategies.

## **STDY 100 University-level Practices for Academic Success**

**3 Units** (Degree Applicable, CSU)

Lecture: 54

Advanced transfer-level college success course emphasizing research-based effective practices for academic success, including self-knowledge and self-regulation, learning theories, preparation for transfer, academic study strategies, health and wellness, and critical thinking.