

## **OPTION A: Complete one course**

### **GS 106A College Success (1 credit)**

Students will learn patterns for success and address such areas as career preparation, academic support, time, financial, and health management, leadership opportunities, and testimony of the Gospel of Jesus Christ.

### **GS 105 College Success (2 credits)**

Students will be introduced to the BYU-Idaho Learning Model, become equipped with basic college study skills, become familiar with campus resources, and connect with academic planning tools.

## **OPTION B: Complete two 0.5-credit courses for a total of 1 Credit**

### **GS 103A Concentration (.5 credit)**

Students will develop enhanced concentration through physiological preparation and awareness of learning styles. They will also identify personal internal and external distractions and apply strategies for overcoming these.

### **GS 103B Note Taking and Listening (.5 credit)**

Students will learn to identify important points in classroom lectures and learn note-taking strategies for increasing the quality of their notes. This module is well suited to students who are taking other concurrent courses.

### **GS 103C Thinking Skills (.5 credit)**

Students will examine their paradigms and why they think the way they do. They will learn to question information received to identify fallacies in reasoning. They will also learn basic problem solving skills for life and for their problem based courses.

### **GS 103D Textbook Study (.5 credit)**

Students will analyze their textbooks and how to study them more effectively. Students will learn the SQ3R approach to textbook reading, textbook marking strategies, and how to improve vocabulary and basic speed-reading techniques. They will have the opportunity to apply these methods in their other classes.

### **GS 103E Time Management (.5 credit)**

Students will learn how to realize their goals using semester, weekly, and daily charts and schedules wherein priorities are set and carried out. Students will learn how to schedule their study time for maximum efficiency and strategies for overcoming procrastination.

### **GS 103F Test Skills (.5 credit)**

Students will learn how to predict possible test questions and why it is important to identify the learning outcomes of their courses. They will also be taught basic test taking tips and specific strategies for answering multiple-choice, true-false, and essay type tests. Students will learn the importance of performing a post exam survey after each test.