

## How to be an excellent college student:

1. “*An Open Letter to College Freshmen.*” This should give you some ideas about how to approach your college career in general:  
<http://www.psychologytoday.com/blog/the-ethical-professor/201205/open-letter-college-freshmen>
2. “*How to Take a College Course.*” This includes lots of study and test-taking skills:  
[https://clas.ucdenver.edu/handelsman/#useful\\_information\\_for\\_students-1](https://clas.ucdenver.edu/handelsman/#useful_information_for_students-1)
3. “*The 5-Sided Flash Card.*” One more study technique:
  - <http://www.psychologytoday.com/us/blog/the-ethical-professor/201410/the-5-sided-flashcard-0>
  - <https://www.psychologytoday.com/us/blog/the-ethical-professor/201906/my-students-just-improved-my-teaching-and-learning>
4. *How to Get the Most Out of Studying* – 5 great videos by Dr. Stephen L. Chew
  - Video 1: Beliefs That Make You Fail...Or Succeed

The first video examines common mistaken beliefs students often possess that undermine their learning. The video tries to correct those misconceptions with accurate beliefs about learning.  
[http://www.youtube.com/watch?v=KFHAtBm\\_CCI](http://www.youtube.com/watch?v=KFHAtBm_CCI) or <http://goo.gl/4hhfqm>
  - Video 2: What Students Should Understand About How People Learn

The second video introduces a simple but powerful theory of memory, Levels of Processing, that can help students improve their study.  
<http://www.youtube.com/watch?v=pROdsokl9cU> or <http://goo.gl/7kOh7J>
  - Video 3: Cognitive Principles for Optimizing Learning

The third video operationalizes the concept of level of processing into four principles that students can use to develop effective study strategies.  
<http://www.youtube.com/watch?v=9GvBJalFeLs> or <http://goo.gl/QuMBx0>
  - Video 4: Putting the Principles for Optimizing Learning into Practice

The fourth video applies the principles of deep processing to common study situations, including note taking and highlighting while reading.  
<http://www.youtube.com/watch?v=7pm214sVVViQ> or <http://goo.gl/U55nk2>
  - Video 5: I Blew the Exam, Now What?

This video addresses what students should and should not do when they earn a bad grade on an exam.  
[http://www.youtube.com/watch?v=2WKhd0r\\_oqo](http://www.youtube.com/watch?v=2WKhd0r_oqo) or <http://goo.gl/8Kpxok>
5. *Metacognition* – a great video by Dr. Sandra McGuire  
<https://www.youtube.com/watch?v=yGBfd7LeGMM>
6. *Some tips about succeeding in the online environment. They're in no particular order, and when you get to YouTube you might find others that speak to you more directly:*

- [https://www.youtube.com/watch?v=tK\\_Cpd13s8Y](https://www.youtube.com/watch?v=tK_Cpd13s8Y)
- <https://www.youtube.com/watch?v=CLJ7I6MND7M>
- <https://www.youtube.com/watch?v=yQiWnL0Gh2w>
- <https://www.youtube.com/watch?v=Nv1jPcZtwAg>

**How to choose a minor, or elective courses:**

7. “*Seven Major Ways to Choose a College Minor.*” Minors are optional here at UCD, but this article can help even if you’re choosing individual elective courses.  
<http://www.psychologytoday.com/blog/the-ethical-professor/201404/seven-major-ways-choose-college-minor>