

Seneca College Audio-Visual Services Recommended Video/DVD List For:

Study Skills

To find other videos in this subject area on the online catalogue, use the following terms:

Study skills	Note-taking
College students- Study skills	Academic Achievement
Test taking skills	

Academic success: smart tips for serious students (DVD) Markham Campus

LB2343.3 .A29 2009

61 minutes

Students making the transition from high school to college face many challenges. Students who know the ropes and education experts share facts, hints, insights and observations. This six-part series will help students make the most of their college academic experience.

Part 1. Values and goals (10 min.)

Part 2. Time management (11 min.)

Part 3. Critical thinking and problem-solving (10 min.)

Part 4. Active listening and note-taking (10 min.)

Part 5. Researching, reading and writing (10 min.)

Part 6. Studying and test-taking (10 min.)

Avoiding plagiarism (DVD)

PN167 .A96 2004

23 minutes + teacher's guide

Shows students how to steer clear of plagiarism through the use of quotes, paraphrasing and summarizing.

Be here now

LB2343.3 .B4 1994

10 minutes

This tape features the techniques students report most useful. By "being here now" students can be more successful in school, have more fun, improve relationships, and use time productively.

Becoming a master student, the learning styles inventory: a tool for teacher & student success

King Campus

LB2343.3.B45 1997

17 minutes

Defines Kolb's four learning styles and illustrates how the learning style inventory can help both teachers and students determine the learning needs of the student.

Concentration

LB2395 .S8 no. 04

15 minutes

Video illustrates how to cope with internal distractions such as worries, daydreams, and boredom, and how to set up an environment conducive to learning.

Employ your word

LB2343.E46 1994

10 minutes

"Employ your word" has the potential to be a powerful tool for transforming plans into reality. Accepting the promise of something is adequate assurance that the promise will be kept. Keeping your word builds a foundation for the future opportunities to employ your word.

Evaluating sources (DVD)

Q180.55 .E93 2004

23 minutes + teacher's guide

Shows students how to evaluate information such as author credentials and the timeliness of information.

Exam preparation

LB2395 .S8 no. 05

14 minutes

Students are provided with insights and strategies which will better prepare them to write an exam.

Find a bigger problem or a smaller one

LB3609.F56 1994

10 minutes

Finding a bigger problem motivates us to turn problems into opportunities and goals.

How to manage your time

LB2395 .H6426

15 minutes

Describes how to create a personal schedule that will help students get more accomplished each day and waste less time.

I create it all

LB3609 .E4428 1994

10 minutes

With "I create it all", students learn to take responsibility for their own academic achievement, give up their victim roles and become more powerful.

Ideas are tools

LB2343.3 .I33 1994

10 minutes

This video segment is about the ideas as tools power process. Basically the concept is that ideas are not bad or good, it's just ideas, if they work - use them, if they don't - use a different idea.

Muscle reading

LB2343.3 M87 2003

28 minutes

Deals with the basic strategy of muscle reading, and discusses a nine-step approach to help supercharge study habits.

Note-taking

LB2395.25 .N67

12 minutes

A comprehensive educational training video designed to train individuals who are required to record and report incidents as an essential part of their duties and responsibilities.

Organizing research (DVD)

P96 .M4 O74 2004

23 minutes + teacher's guide

Includes evaluating and selecting information, developing a thesis, and more.

Planning sets you free

LB2343.3 .P56 1994

10 minutes

Planning concerns itself with what, when, & where aspects of goal setting. Planning sets you free, because having a plan can empower you with goals, freedom from constant decision making, planning helps you in adjusting to changing demands of your life.

The power of questioning

LB2395 .S8 no.01

15 minutes

Video describes different questioning frameworks to aid the learning process, including assignments and exam preparation.

Presenting and communicating research (DVD)

P96 .M4 P74 2004

23 minutes + teacher's guide

In every research project comes the moment of truth: the presentation. Effective presentations need thoughtful content, solid structure and appropriate format.

Reading, note-taking and recall

LB2395 .S8 no. 03

15 minutes

Program suggests approaches to understanding, remembering and recalling information related to the learner in lectures, textbooks, home study modules and other learning materials.

Start right. Succeeding in academics

LB2343.3.S655 1999

23 minutes

What does it take for first year students to reach their academic goals? This program outlines strategies for dealing with everything from choosing a major, to connecting with professors, avoiding procrastination and discovering a passion for learning.

Stress management

LB3609 .S77 1997

10 minutes

Reveals strategies for dealing with stress and guides students through relaxation techniques.

Test taking strategies

LB3060.57 .T43 1997

13 minutes

How students can prepare for test day and the techniques to follow are discussed.

This way to an A

LB1049 .T44 1992

30 minutes

Teaches proven techniques for studying, reviewing and retaining information to help students achieve better grades.

Time management

LB2395.4 .T55 1997

12 minutes

How to be aware of your time and techniques for managing your time to achieve your goals.

Time management

LB2395 .S82 no. 02

15 minutes

The process of effective time management for students is explored.

Last updated: June 2011