

METACOGNITIVE SKILLS: WORK SMARTER AND NOT HARDER

Presenter: Glyn Bongolan

Organized by the Teaching and Learning Center Rancho Bernardo

Tuesday, March 12 at 1pm SEC -410

Learn how to approach studying in college and how to structure a study session and how to engage with your reading assignments.

Various study techniques will be incorporated throughout the skillshop such as the Feynman method, spaced repetition, and focused and diffuse thinking