

KEYS TO LEARNING

1 CREDIT COURSE: ENGR 10301

2 Sections Available

Section 20 - (CRN 10827) M 1:30 – 2:20 PM

Section 26 - (CRN 25063) M 2:30 – 3:20 PM

What do you do to study? How do you unwind from the stresses of coursework and handle the balance of class and life?



The truth is that most students don't know how to study and are often given incorrect advice. There are psychological aspects to being a successful learner. Sleep, exercise, nutrition, and meditation greatly affect our cognitive abilities.

This one credit course is for any student interested in learning more about study practices, the psychology of learning, and what makes for a brain working at peak efficiency. Learn new ways to improve your learning capabilities and become a strong lifelong learner!