



# Study Skills Video Worksheet

**Video Title:**

Student Name:

Class (Day/Time):

Date:

Instructor:

**List 2 points (principles/factors/beliefs/rules/dos & don'ts) you found of particular interest.**

1.

2.

**List 2 strategies from the video that you currently use to help with your college success.**

1.

2.

**List 2 strategies that you will try to use to help you with this skill. Specify how you will implement each strategy.**

1.

How:

2.

How: