ADV 202
Academic Success Seminar
Spring 2015: Tues/Thurs 10-10:53am
2 credits, ABC/U graded
Class Number 53212

Course Description:
Designed to help students develop essential skills needed to become lifelong, self-regulated and self-motivated learners. Through guided journals and assignments, students will use self-reflection to identify possible self-sabotaging thoughts and behaviors and discover what may be getting in the way of their academic and personal success. Students will discover how they learn and develop and strengthen their study skills. Topics to be covered include motivation, how memory works, metacognition, critical thinking, decision making, attention and concentration, goal setting, time management and other study skills strategies.

Any students interested in taking this course, please email Kristin Hall for permission at kristin.hall@stonybrook.edu

Academic & Transfer Advising Services