

## **Support Operations for Academic Retention (SOAR) Academic Skill Presentations**

### **COMMUNICATION SKILLS.**

This presentation defines communication in its various forms (listening and sending messages). It also describes the difference between listening styles (verbal vs. non-verbal) to better understand effective interaction in a college and professional setting.

### **DEPARTMENTAL SERVICES.**

This presentation covers the many free academic-related services available to undergraduate students at Texas Tech University, including a detailed description of the services provided by Support Operations for Academic Retention (SOAR): The Learning Center, Supplemental Instruction (SI), and Academic Coaching.

### **GOAL-SETTING.**

This presentation offers students an activity to focus directly on goal setting by physically writing down a personal timeline that is used to mark key milestones, including various goal-setting strategies and SMART goal techniques.

### **LEARNING STYLES.**

This presentation identifies and defines the 4 major styles of learning (Visual, Auditory, Reading/Writing, and Kinesthetic) and how to recognize which style best suits each student. It also provides studying tips for each type of learner and strategies for incorporating multi-modal learning into each classroom. Students will participate in a Learning Styles questionnaire to discover their own preferred style of learning.

### **NOTE-TAKING.**

This presentation explores techniques for effective note-taking. It identifies and details specific practices (Mind Mapping, Cornell, Outlining, Timelines, etc.) in order for students to successfully receive information in their courses.

### **STRESS MANAGEMENT.**

This presentation details the physiological and psychological effects that stress can have on students. It also focuses on stress management and tips and tricks for managing stress for busy students. Students will practice various techniques used to manage stress.

### **STUDY STRATEGIES.**

This presentation offers a brief overview of the 3 basic skills of learning (note-taking, memory techniques, reading strategies). It also demonstrates helpful techniques on how to maximize those skills. Students will participate in a Learning Styles questionnaire to discover their preferred method of learning for effective studying.

**TEST-TAKING.**

This presentation explores effective test taking skills that students need in order to be successful. It defines several question types and how to prepare for each. It also provides tips on how to avoid common negative habits pre- and post-test. Students will participate in a Learning Styles questionnaire to discover their preferred method of learning for effective test-taking preparation.

**TEST ANXIETY.**

This presentation provides scenarios to help manage test anxiety. It describes stress reducing activities (writing out anxieties, positive self-talk, and visualization) as tools to manage stress, as well as various other preventive measures. Students will participate in various activities to practice managing anxiety before, during, and after exams.

**TIME MANAGEMENT.**

This presentation defines time management and offers techniques to help students mitigate their busy student schedules. Through the many tips (calendar use, to-do list, organization), it provides students with a clear path to avoid procrastination and other counterproductive habits. Students will participate in timeboxing, a time management technique.

**TRANSITION TO COLLEGE.**

This presentation highlights skills for a successful transition to college. It touches on several key practices that will ensure a positive transition from high school or community/junior college (time management, dorm life, getting involved) to life at a 4-year University. Students will use scenarios to describe and identify effective resources and skills.

*All presentations are offered in 15-, 30-, and 45-minute increments.*

**For more information, contact:**

The Learning Center  
Support Operations for Academic Retention  
Holden Hall Room 80  
(806) 742-3664  
lc.soar.ttu.edu  
soar@ttu.edu