Maryland University of Integrative Health
2016-2017 Academic Year
StudentLingo Workshop Descriptions

[MUIH - Pre-Writing Techniques: Planning And Idea Development](#)

Overview: The real work of writing a paper is in the generation and development of ideas prior to drafting. Using a narrative essay as the context, this workshop presents several methods of pre-writing designed to make the process of writing papers more effective.

Objectives: Students will learn: Strategies for generating ideas that employ a variety of learning styles, ways to choose the best ideas, and ways to focus those ideas.

[MUIH - Drafting Introductions, Body Paragraphs And Conclusions](#)

Overview: Once the work of prewriting is done, the process of drafting begins. Using the context of a narrative essay, this workshop explores how to draft an essay from introduction to conclusion.

Objectives: Students will learn: Three strategies to write an effective introduction, ways to organize body paragraphs for flow and coherence, and three strategies to write an effective conclusion.

[MUIH - The Revision Process: How To Proofread And Edit Your Writing](#)

Overview: There are differences between the processes of revising and the processes of editing and proofreading. Both are important, but both have a different purpose. This workshop presents effective strategies for both stages of writing.

Objectives: Students will: Develop the content of an essay after the initial drafting is completed, check for organization and coherence, proofread and edit a paper for grammatical and mechanical issues.

[MUIH – What It Takes To Be A Successful Student](#)

Overview: Research suggests that there are specific habits, attitudes, traits, and behaviors that contribute to student success. This interactive session will challenge you to think about how your thoughts, feelings and attitudes influence your success

and how you can turn negative perceptions into positive experiences. This workshop will inspire you to become the master of your academic fate and to develop positive relationships with your professors and your institution, and confront those academic uncertainties.

Objectives: Students will: learn their role in the learning process, how to clarify professor expectations, their responsibility as a member of the campus community, and attitudes and habits that contribute to academic success and achievement.

[MUIH - Learning Strategies Every Student Should Know](#)

Overview: Excelling in graduate-level courses usually requires a different kind of studying than students did in their undergraduate work. In order to excel, it's critical for students to understand the difference between studying and learning. One of the best ways to make sure that students are learning, and not just studying, is to introduce the concept of metacognition. This workshop walks students through the basics of metacognition. Using language that students will understand, the expert presenter explains how this concept can be integrated into study strategies and ultimately how it can help students move up Bloom's Taxonomy from lower level to higher level learning.

Objectives: Students will learn: The difference between studying and learning, the basics of metacognition, how to use metacognition when studying, the study cycle learning strategy, and how this study cycle can help you move to higher learning levels.

[MUIH - Time Management: Strategies For Success](#)

Overview: The various aspects of your life place many demands on your time. Psychologists have studied time management practices extensively and have concluded that effective time management practices have a significant influence on college academic achievement. Consider that academic achievement takes time and you have to complete a large number of tasks in a short period of time. You may feel overwhelmed and stressed, thus leading you to consider how you might manage your time more effectively. This session will help you do just that: manage your time and behavior, so that you can achieve academically and still have some room for fun.

Objectives: Students will learn: Strategies to self-regulate learning The 8-8-8 Formula for effective time management, to plan for both long and short-term goals, how to follow a three-tier time management system : creating a trimester schedule, designing a weekly schedule, and making a daily schedule, and tips for following through the time management plan.

[MUIH - Online Courses: Staying Motivated & Disciplined](#)

Overview: Taking online classes can be very convenient for many students. However, many online students lack what is essential for success in an online class: time management skills, discipline, and motivation. This workshop provides several practical tips and strategies students can use to stay focused and motivated while taking classes online. The presenters will discuss how to establish a study schedule, the importance of finding an ideal study space, and how to set goals and stay organized throughout the trimester. In addition, students will learn how to gain support from family and friends and how to develop a relationship with their classmates and instructor.

Objectives: Students will learn: How to establish a study schedule, the importance of finding an ideal study space, how to set goals and stay organized, how to break down a large task into smaller, more manageable steps , how to gain support from family and friends, how to effectively communicate with their instructor, and strategies for developing a relationship with their classmates and instructor.

[MUIH - Taking Tests Online: Strategies For Success](#)

Overview: Online classes present unique challenges, particularly when taking tests. This workshop provides strategies that will help students be more successful when taking online tests. The presenters provide practical and effective strategies that students can use to prepare for taking a test, as well as strategies they can use during the test. In addition, students will learn how to use the test results and instructor feedback to improve their future performance.

Objectives: Students will learn: What they need to know about the test before they take it, how to gather and organize their resources before the test, the importance of identifying an appropriate place and time to take the test, how to read and understand directions, why taking notes during the test can be an effective strategy, the importance of "R & R" (relax and review), and how to use test results and instructor feedback to improve their future performance.