

# CHEMISTRY 110 WORKSHOP

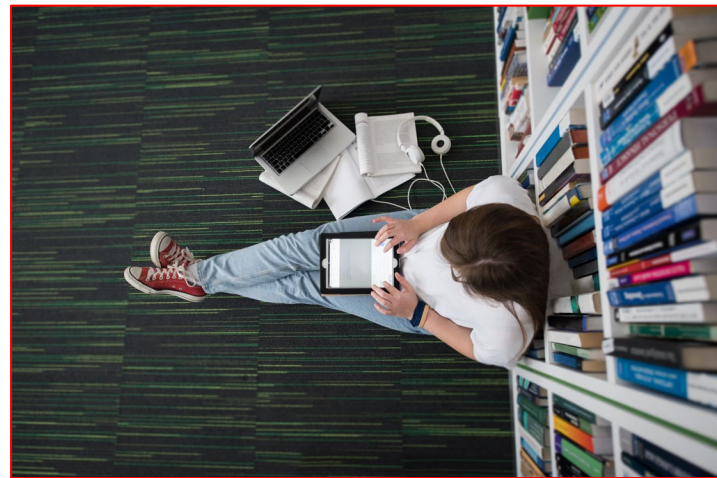


We must believe in ourselves or no one else will believe in us; we must match our inspirations with the competence, courage, and determination to succeed.

Rosalyn Yalow- American Physicist and Co-winner of 1977 Noble Prize

# What to Expect From This Workshop

- You will learn how to effectively study chemistry so that information goes into your long term memory
- You will learn what Emotional Intelligence is and how to effectively use it towards student success



# How to be a successful Chemistry student

## How much time will you need to study for CHEM110?

**Remember** - you need to study 2 hours for every unit you take

CHEM110 is a 5 unit class, so you will meet in class and lab for 5 hours a week

5 units x 2 hours of study time per unit = 10 hours of study time a week

5 hours of class and lab + 10 hours of study time = 15 hours a week commitment to CHEM110 (minimum)

With chemistry you will need to:

- Plan to study every day
- Re-read your lecture notes, revising them for clarification
- Be motivated and dedicated to learning vocabulary and formulas
- Revisit your chapter readings and chapter questions
- Formulate questions to ask at your next class meeting



# How to organize your study sessions

A planned study session is the most effective way to stay focused. Be mindful of the time of day you choose to study and stick to this time every day. Ideally, you want to study when you are most alert and awake.



## Making a Plan

1. Set a study goal for what you want to accomplish for each study session – write it down
2. Plan and start your study session, scheduling intentional focus for 60 minutes
3. After an hour, take a 5-7-minute break away from your studies
4. When resuming your studies, check your study goal and restructure your plan if necessary
5. Focus on your study session for another 60 minutes
6. Commit yourself to practicing problem solving on a regular basis during your study sessions

# Your **intent** was to study

Who/What interrupts your study sessions?

- Intentional focus means that you are submerged into deep thought on a particular topic.
- Thoughtful studying allows for meaningful learning to take place. This kind of learning is very satisfying because you retain and recall information with ease.
- If deep learning is interrupted, the mind starts to expect a break in focus so it will not go as deep into thought as it did the first time.
- As a result, your attention shifts to an anticipated interruption rather than to the learning.

Interruptions include:

Phone

Computer

People

Animals

Noise

What else interrupts your studies?

How can you avoid interruptions while you are studying?



# STUDY, STUDY, STUDY

Consider the following questions to guide your personal approach to studying

- Are my study habits helping me earn the grade I want in this class?
- Do I need to improve my study area or move to a better study situation?
- What resources do I use to increase my learning?
- Do I have a study buddy or belong to a study group?
- Have I utilized the STEM Center?
- Does my attitude reflect my desire to learn?
- Do I need a refresher on various study skills? Click the link below

[Workshop Workbooks - All Documents \(citruscollege.edu\)](https://citruscollege.edu/workshop-workbooks-all-documents)



By answering these questions honestly, then making changes in your study habits where necessary, you will be on the right track to succeeding in CHEM110...

# Louisiana State University Study Cycle

The Study Cycle is broken down into 5 segments. Each portion relies on the previous one to help build and develop a strong study skills foundation.

## The Study Cycle

1. Study/review materials and prepare questions for class
2. Attend class and be an active class learner
3. For the best retention, rewrite notes as soon as possible
4. Study with intention
  - Practice applied learning
  - Admit to your knowledge gaps
  - Attend to those gaps
5. Assess your progress
  - Do you understand what you are learning?
  - Are you studying enough hours per week?
  - Do you need extra help?



# Chemistry class and lab notes

An area that is often neglected is attention to class and lab notes

## NOTES!

- Figure out a note taking system that works best for you  
(review the Early Alert [Note Taking Workbook \(citruscollege.edu\)](https://citruscollege.edu))
- Your notes need to be as detailed as possible
- Your notes need to be organized and easy to read
- Rewrite your notes as soon as you get out of class
- Plan on revisiting and revising your notes often
- Do not use shorthand when writing your lecture notes
- Use colorful pens and highlighters so that key details jump out
- Bring your notes to your study group if you need clarification

“How I made my chemistry notes and got an A” by Student Boss.

<https://youtu.be/HE7kB0vEwpE>





# What is Emotional Intelligence?

Peter Salovey and John D. Mayer, psychology professors at Yale University in the 1990's, created and coined the concept of Emotional Intelligence (E.I.).

Emotional Intelligence is described as an individual's ability to identify and manage one's own emotions.

- Emotionally intelligent (E. I.) is considered a “soft skill” meaning it must be developed and mastered over time through practice.
- Practice means situations must arise that challenge your thinking and response.
- How you process and respond to situations is how a person improves their emotionally intelligence.
- Developing Emotional Intelligence will enhance your academic success and improve your employment outlook.



# Emotional Intelligence in a nutshell

Emotional Intelligence is your ability to:

- **Perceive** and correctly identify your emotions and the emotions of the people around you
- **Facilitate** a thought process to determine the accuracy of your perception and determine an appropriate response
- **Understand** emotions, how to express emotions, emotional language, emotional signals and the intricacies and transitions between them as they occur
- **Regulate** (manage) your emotions (positive and negative) in order to achieve emotional and intellectual growth
- AND the ability to read others' emotions while you are processing your own

## Emotional Intelligence

How you perceive yourself

Being aware of your  
emotional states

Building an emotional  
response into decisions and  
problem solving

Understanding the meaning  
of your emotions and  
learning from them

Effectively Managing your  
emotional states to function  
more effectively

Perceiving  
Emotions

Facilitating  
Thought

Understanding  
Emotions

Managing  
Emotions

How you perceive others

Being aware of others'  
emotional states

Building others' emotional  
responses into decisions and  
problem solving

Understanding the meaning  
of others' emotions and  
learning from them

Helping others' to manage  
their emotional states so they  
can function more effectively

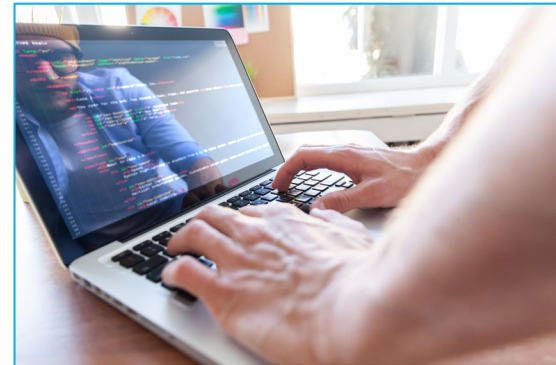
# Test your Emotional Intelligence

Circle your response 1-5:

1-Strongly Disagree 2-Disagree 3-Neither agree or disagree 4-Agree 5-Strongly Agree

1. I utilize feedback for ways that I can improve in my classes. 1 2 3 4 5
2. I can stay clam under pressure during an exam. 1 2 3 4 5
3. I can handle setbacks effectively. 1 2 3 4 5
4. I am positive and maintain a sense of humor. 1 2 3 4 5
5. I can see things from another person's perspective. 1 2 3 4 5
6. I recognize how my behavior affects others around me. 1 2 3 4 5
7. I can problem solve effectively. 1 2 3 4 5
8. I can listen without jumping to conclusion. 1 2 3 4 5
9. I can easily admit to making a mistake. 1 2 3 4 5
10. I know my areas of strengths and weaknesses. 1 2 3 4 5

Add up your circled numbers and check the key on the next page



# Score Your Assessment

## CHECK YOUR SCORE:

(40-50) You have strong self awareness and can handle most situations maturely

(30-39) You are aware of your process and have good insight and ability to grow

(20-29) You have the basic knowledge so take the time to understand yourself and others

(10-19) You might begin by listening to your inner voice to hear how it triggers an emotional reaction

(Remember, you must be self-aware to assess yourself accurately. For this reason, self-awareness is the foundational competency of emotional intelligence.)

**Reflection:** What did you learn about yourself? Was there anything that surprised you?

If you want to learn more:

[Emotional Intelligence Test \(psychologytoday.com\)](https://psychologytoday.com)

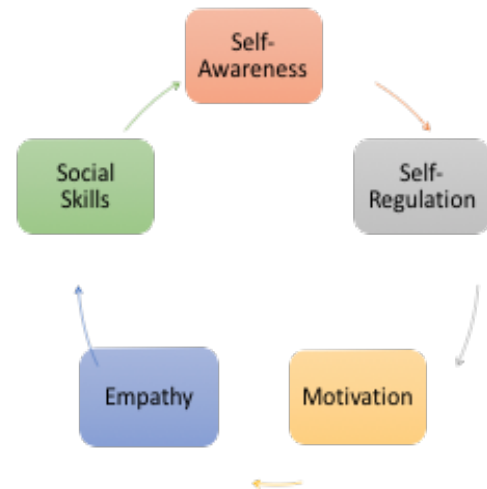
[How Emotionally Intelligent Are You? - Career Skills From MindTools.com](https://www.mindtools.com)

[17 Emotional Intelligence Tests and Assessments \(+Free Quizzes\) \(positivepsychology.com\)](https://www.positivepsychology.com)



# How to incorporate E.I. as a chemistry student

- Self-Awareness (E.I.) allows you to be aware of your emotions as they occur. More importantly, it provides the opportunity to recognize your emotions more accurately.
- Self-regulation is how you apply your emotions. This is accomplished by being flexible with challenges that you may face in a positive manner.
- Social skills and empathy can be understood as social-awareness. *How you perceive and understand your peer's emotions, is a key component to how well you will be able to navigate in working collaboratively in your academics and career.*
- How you incorporate and use your self-awareness, self-regulation, and social awareness impacts your motivation.



# Group Activity/Scenerio 1

In small groups, read the scenarios below and discuss the emotional intelligence process of each student when answering the questions that follow.

Rafael is in his first semester at Citrus College and the first in his family to pursue higher education. His family supports his education, though they insist he attend every family event, which occur most weekends. His high school friends do not support Rafael on his academics because they are not in college and they think once he is finished with class he should be going out and having fun with them. Rafael is carrying 14 units, Math 175, ENGL 101 and CHEM 110. Rafael realizes the stress he is feeling is due to the pressures from these outside demands. He is figuring out how to best respond to his family and friends.

**How would Rafael use Emotional Intelligence to improve his situation?**

Use Self-Awareness, Self-Regulation, Motivation, Empathy and Social Skills when answering the questions below.

What do you think Rafael is feeling? List his feelings. Are his feelings reasonable? (*self awareness*)

How can Rafael respond to validate his feelings and to also acknowledge the needs of his friends and family? (*self-regulation*)

What can he say or do to gather support from his family and friends? What can he do if they do not understand him? (*motivation*)

How can Rafael perceive and communicate the situation from his friend's and families' perspective to maintain a healthy relationship with them? (*empathy and social skills*)

## Group Activity/Scenario 2

Terry is the group leader for her CHEM 110 study group which meets weekly. Loni, who is also in the group, does not keep up with her class assignments, her group responsibilities and constantly asks to copy Terry's notes. It is the 8<sup>th</sup> week of the semester and Loni keeps interrupting the study group to get clarification on topics that were solidified by everyone else in the group at the beginning of the semester. In private, members of the group are complaining that Loni is holding them back from learning the current material. Terry is responsible for dealing with this issue. Using emotional intelligence, explain what Terry can do.

Use Self-Awareness, Self-Regulation, Motivation, Empathy and Social Skills when answering the questions below.

What do you think Terry is feeling? List her feelings. Are her feelings reasonable? (*self awareness*)

How can Terry respond to validate her feelings and to also acknowledge the needs of the study group and Loni? (*self-regulation*)

What can Terry say or do to gather support from Loni and the study group members? (*motivation*)

How can Terry perceive and communicate the situation from the study group's and Loni's perspective to maintain a healthy relationship with Loni and the study group? (*empathy and social skills*)



# Get Help When You Need It

Center hours are:

Monday through Thursday, 9 a.m. to 7 p.m.

Friday, 9 a.m. to 2 p.m.

Sign in for STEM tutoring

[Microsoft Word - Logging in to Microsoft Teams.docx \(citruscollege.edu\)](#)

[Drop-In Tutor Schedule](#) available online

[STEM Center Study Sessions](#) available on line

Check out Stem Center at: [www.citruscollege.edu](http://www.citruscollege.edu)

Or contact them through: [mycitruscollege.edu](http://mycitruscollege.edu)

For more information, contact the STEM Center coordinator at (626) 914-8724

