

2025 AVTE Resources for Presentation

Time Management Techniques

- Pomodoro Technique
- Eisenhower Technique
- Weekly Planner
- To-do list/app
- Reminders

Articles:

Time Management Techniques for Students. University of St. Augustine for Health Sciences, 21 Oct. 2022, <https://www.usa.edu/blog/time-management-techniques/>.

Study Strategies Tool Box

- **Active Recall:** read a section and then write down what you remember
- **Spaced Repetition:** Review information over increasing intervals (1 day, 3 days, 7 days, etc)
 - Quizlet, Flashcard, Kahoots
- **Retrieval Practice:** Practice bringing information to mind without looking at your notes
- **Interleaving:** Mix different types of problems or subjects in one study session.
 - Helps build connections and improve adaptability
- **Set Specific Goals:** Use SMART goals or list priority goals.
- **Teach it to Someone Else:** Explaining concepts in your own words reinforces learning
- **Use Visual Aids:** Mind maps, diagrams, color-coded notes can help organize and retain complex information
- **Minimize Distractions:** Turn off notifications, use apps that silence notifications, and study in a quiet environment.
- **Prioritize Sleep and Nutrition:** Memory consolidation happens during sleep, and a healthy brain needs fuel. Avoid all-nighters.

Recommended:

McGuire, Sandra Yancy, and Stephanie McGuire. *Teach Students How to Learn: Strategies You Can Incorporate into Any Course to Improve Student Metacognition, Study Skills, and Motivation*. Stylus Publishing, 2015.

McGuire, Sandra Yancy. *Teach Yourself How to Learn: Strategies You Can Use to Ace Any Course at Any Level*. Stylus Publishing, 2018.

McGuire, Sandra Yancy. *Teach STEM Students HOW to Learn: Metacognition is the Key!* YouTube, uploaded by University of Texas at Austin, 17 May 2016, <https://www.youtube.com/watch?v=E9GrOxhYZdQ>.

Student Engagement Activities:

K. Patricia Cross Academy Techniques Archive ([K. Patricia Cross Academy Techniques Archive](#)) This website has a large library of student engagement activities. There is videos on how to use the activity and how to adapt for online learning as well.