## TRS 92: Who are you as a learner?

Review the following learning skills readings in this class:

- Day 4: Brain Based Reading I
- Day 6: Brain Based Reading II
- Day 7: Studying Math
- Day 8: Conquer Test Anxiety
- Day 9: Self-Assessment
- 1. Summarize at least three important ideas from these readings. Specifically reference the readings.

2. Explain at least one strategy from any of the readings that you are using that is helping you in this class. Please reference which reading the strategy is from.

3. Explain at least one thing that you have learned about yourself as a learner in this class.

Thinking of Conquer Test Anxiety for #4 and #5,

- 4. Did you go back and look at the exercises in the article before the exam?
- 5. If yes to #4, which exercise(s) did you complete and how did it help (or not) for this exam?

6. If no to #4, look back through the exercises now. List at least 2 that you think might have helped you with this exam and explain how you think they would have helped you.

7. Thinking ahead to the next exam, what different strategy or exercise do you think you will try next time? Explain.