TIPS FOR THE OLDER ATHLETE

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MY STORY:
I am a 21 year old freshman finally going back to school after three years of junior hockey. My life for those few years only revolved around hockey. When I came into my first semester freshman year, I couldn’t remember the tactics I used in high school to go about studying or comprehending topics. I was running blind. I had to battle through different methods of studying, because not every class works the same way. Even though I persevered through it all, I found out that understanding a good way to comprehend a certain subject helps tremendously with your efficiency throughout the semester.

ANALYZING PRIMARY SOURCES WITHIN AMERICAN HISTORY

1. Observe:
Scan over the related topic. This will shape the time period you are about to read about.

2. Read:
Read over a single topic at a time. Use control checks to stay focused on the relevant information.

3. Question:
What were the author’s intention, purpose, and perspective? Was the author trying to influence or convince a particular group?

4. Connect:
Situate the source in historical context (events, attitudes, climate, importance that shape the source).

Compare other relating resources that support or refute that source. It will show another varying perspective.

5. Analyze:
What is the most convincing argument of this particular document?
A few helpful tips to remember

- Read in an environment that helps you comprehend the best.

  I prefer the library because there is less distractions around me.

- Think about the importance of the document before reading.

  I find that it allows more comprehension that I can relate more information with.

- Set your brain within the specific time period you are reading about.

- Highlight/underline/write down information that you find to have the most relevance for the topic.

  Information that will help you contribute within a class discussion.

- After analyzing the information, try to connect with previous readings to find the main points that are interrelated throughout the main topic that you will be tested on.

- If something is unclear, look up additional information on the internet that will help clarify.

Use reliable resources*

- Talk with classmates before class to recap the information so it becomes a fresh memory to discuss about.

- Be engaged in the class discussion to understand different aspects that you missed or where you were confused about something.