

While reading through *Teach Yourself How To Learn* by Sandra Yancy McGuire, I can't say I wasn't skeptical or already aware of some of the strategies presented such as taking notes by hand and teaching the material to other people; however, there were also strategies that I've never considered before. One of these studying strategies that really grabbed my attention and that I think I will most definitely try to implement is the study cycle. The study cycle consists of several steps that I had already been aware of as well, but had never actually attempted to actively do because I didn't think I needed to. Furthermore, it is also mentioned in the book that even super short study sessions throughout the day is helpful, which, as a person who gets bored and distracted very easily, sounded very enticing to me.

I also want to change my mindset using the strategies that were mentioned. After reading about the importance of having a mindset that believes intelligence is capable of growing, I realized just how fixed mine was. I've always been aware of how important a flexible mindset is but I've never taken note of the development of my own. I had even panic texted my sister a few weeks back after I'd gotten my grades back from my second round of midterms that I genuinely feared my intelligence peaked in high school and after reading that chapter, I realized that I do have a fixed mindset and it was undoubtedly having an impact on my confidence. Hopefully, with these strategies, my mindset will change and I will have the confidence I need to get my grades to where I want them to be.

For the autumn semester, I plan to have small study sessions throughout mainly Monday, Wednesday, and Friday, when I have many courses back to back until four. On Tuesdays and Thursday, I will attempt to study for an extended amount of time on subjects that I need to do work in after 12:30 PM, which is when my only class of the day ends. As I will also be working on Tuesdays and Thursdays at the law library, I will still attempt to get some studying in while I work at the circulation desk. I will put aside Saturday for relaxation unless I have urgent upcoming deadlines and Sunday for heavy work days to catch up on work I need to do.

I believe that my first step needs to be changing my mindset. If my mindset remains fixed, then I will not have the confidence to lift my grades up. Furthermore, I will be stuck blaming myself and not do anything about it if I continue to believe that my intelligence can only go so far. This is a mental battle, and I have to fight with myself. Truthfully, I don't know if these strategies will make a positive difference. But I've recognized that there is a serious issue with how I learn right now, and I think there will be an impact with any changes I make, big or small.