



**PSK193**

**SUPPORTIVE PSYCHOLOGY STUDIES I**

**2017-2018 FALL**

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## Course Description

Academic life at university often requires changes in certain habits. Many students experience difficulties in making changes in their studying habits as well as others like adaptation to a their new life. The aim of this course is to improve students' studying skills such as academic reading and writing. During the course, information on ways of learning and studying, academic reading and writing, essays, preparing reports and presentations, time management skills will be provided.

## Learning Objectives

In this course you will

- gain insight about their studying habits and how to improve it.
- learn practices of effective studying skills.
- learn to use of different kinds of resources to increase their efficiency.
- learn about time management skills.

## Course Organization

This is a lecture course in which topics are presented by the instructor. Depending on the subject, class sessions will include discussions which will mainly focus on both theoretical knowledge and personal experiences. Supportive and guiding powerpoint presentations will be published weekly. Students are strictly expected to follow student resources section provided by the publisher of the book. [<https://study.sagepub.com/burnsandsinfield4e>] Students are responsible reading weekly materials before classes.

## Reading Materials and Student Resources

This course will follow three main textbooks and several chapters of them will be used in the term. Students will also be responsible certain chapters even though they will not be reviewed in the class sessions.

1. Burns, T., & Sinfield, S. (2012). *Essential study skills: the complete guide to success at university*. Sage publications.
2. Your text book has an excellent web site where you can find exercises ad additional information on studying skills. You are expected to follow these pages as well as reading materials. (<https://study.sagepub.com/burnsandsinfield4e>)
3. Eldoğan, D., Korkmaz, L., Helvacı, E., Yeniçeri, Z., & Kökdemir, D. (2015). *Akademik yazım kuralları kitapçığı* (4. Baskı). Ankara: Başkent Üniversitesi.

## Grading

Grades will be based upon performance on the following:

Graded activity	Weight (%)
Mid-term exam	40
Final Exam	40
Assignments (3)	20
Total	100

## Assignments

During the term, students will prepare three assignments focusing on their own experiences of studying.

## Weekly Schedule

Week	Date	Subject	Chapter
1	29 Sept 2017	Introduction	1
2	6 Oct 2017	Time Management Skills	No class
3	13 Oct 2017	<ul style="list-style-type: none"><li>• How to Learn, How to Study</li><li>• Make University Positive</li></ul>	2 3
4	20 Oct 2017	How to Survive Academic Reading	4
5	27 Oct 2017	How to Make the Best Notes	5
6	3 Nov 2017	How to be Creative and Visual in Your Learning	6
7	10 Nov 2017	<ul style="list-style-type: none"><li>• How to be Analytical and Critical</li><li>• How to be Reflective</li></ul>	7 8
<b>8</b>	<b>13-17 Nov 2017</b>	<b>Midterm Week</b>	
9	24 Nov 2017	How to Harness a Digital You	10
10	1 Dec 2017	<ul style="list-style-type: none"><li>• How to Make Sense of Your Course</li><li>• Probably the Most Important Thing on Writing You'll Ever Read</li></ul>	11.1 11.2
11	8 Dec 2017	<ul style="list-style-type: none"><li>• The Ten Step Approach to Better Assignments</li><li>• How to Reference and Avoid Plagiarism</li></ul>	11.3 11.4
12	15 Dec 2017	How to Write Great Essays	12.1
13	22 Dec 2017	How to Produce Excellent Reports	12.2
14	29 Dec 2017	Closing and evaluation	