

LC-DC Podcast Episode 4: Concourse Confidential: Study Secrets from Douglas Students

Transcript

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What's your best study tip?

My Study tip is just to show up even when it's boring.

Do you have a study tip to share with us?

I do, but I should preface that some of them get a little bit unhinged just because I do have ADHD.

Walk to the airport, get on a plane. Go on a trip, never return.

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Hello Douglas College! You're listening to the LCDC podcast: advice for students from students brought to you by the Learning Centre. I'm your host, Ryan, and for this episode we did something a little different. We wanted to talk to you, Douglas students, about your study habits.

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First, as always, I'd like to respectfully acknowledge that our campuses are located on the unseeded traditional and ancestral lands of the Coast Salish peoples, including the territories of the Katzie, Kwantlen, Kwikwetlem, Musqueam, Qayqayt, Squamish, Tsawwassen, and Tsleil-Waututh peoples.

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So what's your name and what program are you taking?

Yes. So my name is Stephanie and I'm currently in the diploma like the Engineering Diploma program here.

My name is Elim and I am not actually here in a program. I'm just taking a couple of prerequisite courses right now.

My name is Ahmed Ali. I am currently taking English upgrading course, which is ELLA.

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Yeah. So my name is Ayush. I'm a senior at Douglas College. I do accounting diploma.

My first name is Adrian and I'm taking the Associate of arts economics degree and it's actually my first semester here at Douglas.

So hi, my name is Narbeen and I'm in associates of science and I'm in third semester right now.

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Hello everyone I am Anne and I'm an accounting student doing my Bachelors of Business Administration in accounting and I run the Study Buddy club. The Study Buddy Club is a club that encourages students to study quietly together, and we're essentially a supportive community that helps you stay focused on your studying and gives you the time you need to understand your course material. If you go to the Douglas Student Union website at the thedsu.ca and type in study buddies or study buddy, you can find our web page.

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So what's your go to study spot?

Oh, so at Douglas College, my go to study spot is the library, the tried and true place. And I love booking those silent study booths because I feel like I need to lock myself in a cage just to force myself to study.

Definitely the DSU or the library.

That has to be the library.

The Library

Why?

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Because if you try to do it at home, home has more distractions, but when you come to the library, you know you came out of your house for a reason.

I go to the library, I get really distracted at my place.

As somebody who is really, really busy, I do have a full time job and everything, I usually find myself studying in the cafeteria most of the time, and sometimes when I'm really, really stressed, when I am really, how do I say this, when I'm really stressed.

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When I am like really really just need some time alone, sometimes I would actually go to the counseling spot over like near enrollment over there. And there is actually a sort of a Wellness room there.

So for me, go to study spot is like the blocks that are made at DSU. I feel like those are the like the best sitting position or whatever. I would say like best sitting over there. Like I can sit and concentrate more over there.

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So, Stephanie, what's your best study tip?

I would say that my best study tip is to make sure you're not hungry. I'm very food driven, so I would say that when I'm when I'm a little hungry, I'm a little distracted. So if you're in good conditions, good spirits, then and you're not hungry, you study a bit better. That's for me anyways.

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For me, I would like to give a study tip. It's just to practice. The more you practice, the more you get right.

Highlight each and every sentences that are important in different colours of highlighters, so that by exams you can just remember them by colours.

My best study tip: study every day, study every day. The courses that I studied for frequently, eventually, when the exams came, it was very, very easy for me to score well as compared to the ones that I procrastinated about thought these are easy and I'd get a good grade and I ended up getting OK grades, but study everyday. To study everyday is way better than actually cramming up everything because you don't remember things.

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I mean, I have a limited attention span, so I do use the Pomodoro technique, like half an hour study session, take a 10 minute break, and back and forth, yeah.

Part of ADHD is just finding new study tips to kind of reengage myself and try to find something new that does work for me. My latest study tip that I would probably give out to people who might be struggling with their attention spans would actually be an app and it's this app that was created by Hank Green, like the guy that taught us science when we were in high school and he made an app, it's called Focus Bean and it's this little - it's completely free, by the way - but this bean is a really cute little bean.

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And he knits a sweater for as long as you want. And if you touch your phone and go into another app, then the bean drops his knitting, and then it's really sad. So you have motivation to keep focus and not touch your other apps on your phone.

If you're afraid it means that that's what you need to study the most.

Really?

Yes. You have to be willing to be vulnerable and fail in order to succeed because it's what you don't understand that you need to work on.

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So my best study tip would usually mean going to the teachers and the instructors themselves. And when I talk to them, basically they will be like, hey, just go to the office hours, talk to them and they will give you advice on how to do things because some students, they think they understand how things go, but realistically it's very different from high school.

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You want to go to, talk to the teachers, how you can succeed. Anything that you can really, really helps your chances of passing your courses. Just talk to them. They're human beings. They want you to succeed as much as anybody else. So just talk to them. It's all I can say.

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What about something you wish you knew when you first started at Douglas?

Oh, I would really recommend just, just drop in, drop in by the way. If you do have some sort of disability, even if you have depression and anxiety, or if you know you have been diagnosed for ADHD, just go to the Accessibility Services. Just drop in, see if you qualify or what they can offer or what they can do for you, because usually what they can offer is something that's going to be super helpful for you.

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What is something you wish you knew when you first started at Douglas?

Oh. How much a difference the environment you choose makes. When I first started studying at Douglas, it was actually during COVID, so I was doing all my classes online. And, you know, school being new, I was all excited and it was easy to study. It's harder once you're used to it, so being at school makes all the difference.

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Something I wish I knew when I first started at Douglas: your grades matter. When I first started at Douglas, I met someone who told me that if you do good enough and good enough is a C plus grade. So if you get C plus on all of the courses, you're good enough, you'll get a job and everything. But then I went to networking events and I talked to recruiters and they said no, that's not the case. And then I talked to people who actually landed jobs.

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I would say that Douglas College is such like a wealth of knowledge and what I've learned during my time here is that each department, like everyone, is willing to help you and help you succeed, even if they haven't been your instructor or they just know you in passing, they're more than willing to help you and help you meet your goals. So I feel like I've been able to meet a lot of instructors who have been here at Douglas College and they have been more than, they have been, more than helpful in just helping me succeed. They're like, actually, you should look into this or talk to this person, another instructor, or another person within the college itself that could help me meet my goals.

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What gets in the way of your academic success?

Not believing in myself. When I'm afraid, it's easy to want to pull away. But that's actually when you know that you're challenging yourself.

Yeah, good advice. And how do you stay focused and get your homework done?

I tell myself no excuses.

Right. No excuses, that's a good one.

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Sometimes when I'm disorganized, it's disorienting to me as well, so being able to stay on track, stay on schedule and keep organized is something that's just hindered me a little bit.

And how do you get organized?

Writing things down. I think when I write things down even it's just if there's no one else looking at that list except for me, it's holding myself accountable. So just having that list, I'm like, oh, that's those are some pending items that I need to get to so.

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Definitely. OK. Next question, how do you stay focused and get your homework done.

A lot of it is, for me, staying focused means attempting it first and then if I sometimes I get derailed when I don't know what to do, and then I make a list of it, of course, keep myself organized and then when I need help, part of my academic success is to ask people when I need help. There's some aversion. Sometimes when you feel a little bit nervous or scared to ask someone for help.

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Totally. Yeah. Yeah, we avoid asking for help, right? It makes us feel like we're not good enough, I guess. Or something like that. But there's, as you said, there's so many people here that are that can help us and want us to succeed. So yeah. Next question: what gets in the way of your academic success?

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For me right now, in this stage of my life, definitely still my attention, and I guess having other adult responsibilities right now, can, you know, take me away from having bigger study blocks. Adulting is hard, isn't it? Last question, how do you stay focused and get your homework done?

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How do I stay focused? I do find myself having to, so I treat my study blocks as if they're shifts now, so I feel like they're, so I put them in like 8 hour, I treat them like they're 8 hour shifts, sometimes with breaks in between. Of course, lots of breaks in between and certain days, if I haven't gotten anything done that week, I'm going to have to do a shift. I'm gonna have to do a couple shifts, unfortunately, and other than that.

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What I should be doing is probably studying each day for a little bit at a time and not having to pull such long shifts, but sometimes I have to treat it like an 8 hour shift.

Fair, fair and and yeah, that's like work, I guess, right? Studying's like work. OK, last thing is optional. Do you have any questions you want to share with the Douglas community?

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No, I would like to ask you what you guys have been telling students though, because I haven't been to the Learning Centre.

We have, well, we have, we tell students a lot of things, so it's hard to narrow it down to one thing, but we often do tell students things like like you said, break things down so that you're not cramming, that you're not saving things for the last minute, so breaking assignments down

into smaller chunks, breaking session study sessions down into smaller chunks. That's something we often tell students.

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OK. All right. Yeah. So that's the correct thing I'm supposed to be doing. I'm aware of that. Well, if you can study for 8 hours straight, that's pretty good. And that'll enable you to get a lot done. So hey, whatever works for you and that's another thing we tell students is whatever works for you because we're all individuals. We're all different. So what works for me may not work for you. And what works for you may not work for everyone else. So if you found something that really works stick with it.

Yeah. OK.

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Uh. How do I stay focused and get my homework done? Do it early. Don't wait for the deadline, don't do it on the last day. I have been in situations wherein I have waited for the last day because it's just a homework assignment and then sometimes I have missed the deadline and I have emailed professors, made-up stories, made the stories work, but I it doesn't work every time so I would suggest you do it early, like at the start of the week.

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OK. Lastly, do you have any questions about studying and succeeding in college?

Yes, I actually was wondering, are you able to speak about the learning centre?

Yeah, I'd be happy to speak about the learning centre.

I just like I feel like I always pass by, I peek in and I'm like, oh, I'm not really sure about, like, what services that I could go like to get there.

Yeah. Yeah. So our biggest service is one-on-one peer tutoring and we have content tutors that help with subject matter, stuff like accounting, biology, music, all sorts of subjects.

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Oh, so it's a it's across like the whole range of like?

Yeah, the most, the more, the most popular subjects for sure. The other type of tutor we have is writing tutors that will look at your assignments and give you feedback on things to improve. And you can do that one-on-one in person, online, or you can submit your assignment online and have a tutor look at it and send it back to you without having to meet them at a specific time. That service is called submit-a-draft. So that's our core service.

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That's amazing. And that's super helpful. And I feel like, yes, I need a lot of help with my writing. Yeah, well, you can, as a, as a student, you're welcome to book, you're free to book appointments. It's free. No extra costs. You can book up to two appointments, or to up to two hours per week. One hour per day. So yeah, definitely. And is that that something I can find more information I assume on the web.

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Yeah. On the website, yeah library.douglascollege.ca/learningcentre. And if that's too hard to remember, just drop by the learning centre and pick up, we have a ton of Flyers, but which for some reason I didn't bring. But yeah, we have a ton of Flyers that that have all our information on there. So yeah, help yourself to a flyer at the Learning Centre.

Amazing. I think like this is my this is my push to go in and seek help the help that I need. Yeah. Great. Yeah, we'd love to have you. So yeah, definitely come by. Visit us anytime.

Amazing. Thank you, Ryan.

Thank you, Stephanie.

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That's it for today's show. Thanks for listening and special thanks to our student contributors. It takes a lot of bravery to talk to a stranger on the spot and have it recorded. They all did a tremendous job, in my humble opinion.

If you enjoyed this episode, please let us know by giving us a five star rating, review, or commenting.

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