



ABLE Center

HABITS OF MIND COURSES

Taking any of the Habits of Mind courses will boost your academic performance. View the topics covered below to identify which course(s) best suits your interests and needs.

USU 1020: Personal Productivity

(1 credit)

- Time management
- Organization
- Set & achieve goals
- Minimize procrastination
- Connect to academic resources

USU 1040: Learning Techniques

(1 credit)

- The Study Cycle
- Active listening
- Note taking
- Exam preparation & analysis
- Memorization & recall

USU 1050: Navigating College: Aggie First Scholars

(1 credit)

- Taught by a first generation faculty member
- Build a community of first-gen students at USU
- Reflect on “Becoming a Learner”
- Interview and discuss the best “how to’s” of college

USU 1060: Reading College Texts

(1 credit)

- Active Reading
- Reading different types of text
- Annotating
- Scholarly Conversation
- Information literacy & overload
- Class presentations

USU 1070: Growth Mindset in STEM

(1 credit)

- Confront STEM content stereotypes
- The scientific method
- Problem Solving
- Accuracy
- Persistence
- Curiosity

USU 1730: Habits for Academic Success

(1 credit)

- Make and set goals
- Learn how to use the study cycle
- Read, annotate, and think critically
- Connect academic success and wellness
- Understand USU resources



The Center for Academic Belonging & Learning Excellence
UtahStateUniversity.



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