

Student's Name

***** College of Health Sciences

***** College Experience

Future title: Nurse

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Personal statement: My intention is to acquire knowledge and skills that are required for one to work as a registered nurse. My goal is to assist in the care of patients, precisely the young patients.

Reading skills and resources

The reading skills and resources that an individual uses are essential in determining the effectiveness of the learning process. As a student, one should examine themselves in order to determine which strategy works best for them. The following paper will discuss two studying skills and one learning resource that include adjusting reading rate, learning terminology, and definitions as well as the use of index card notes. The paper will also identify how each of the three is being implemented in some of the courses that are being undertaken and provide a reflection of how the study skill or the resource has influenced personal educational experience.

Adjusting reading rate



An individual should come up with the most appropriate reading rate based on their cognitive ability. The importance of adjusting the reading rate that one uses is because it helps to slow down the intake of information which gives the brain time to process the information that is read and to create meaningful associations. This ensures that the learning process is effective

Knowing the terminologies and the definitions that are used in a particular text is important. It makes it easier for an individual to recall various things that they may learn. It also enables one to create associations with ease between various things that may be learned. I have been using this reading skill in the Writing for Healthcare course and it has proven to be very effective. Before studying a certain topic, I usually begin by familiarizing myself with some of the terminologies that are used. Once I have understood all the terminologies and their definitions, I then get down to reading the content. In some cases, I also review texts in order to determine the terminologies that have been used where I then get down to the process of determining the meaning of the words (Kaya, 2015).

This strategy has proven to be very effective in learning. I have found out that after learning the vocabularies, it takes me a little amount of time in reading and understanding the content. It also forms a good basis for learning which is essential for understanding things learned. One can even engage in learning that is complex since it is possible to form links and associations between issues that are to be discussed. With this strategy, it is very easy for an individual to recall the issues that are highlighted in the reading text. This strategy has also enabled me to cover a wide volume of work with effectiveness. For instance, after understanding all the vocabularies that I might encounter in a certain text, I am able to cover a wide volume of the content and to recall almost all the things that are studied.

Index card notes



Index cards notes are one of the resources that I have used in facilitating my learning process. The index card is designed in such a manner that at the front of the card, one highlights the question or a brief statement representing the information that they would recall. The back of the card comprises of the content of the information one wishes to recall. The index cards comprise of various categories that include question cards, definition cards, and category cards among others. The index is more of a note-taking system that makes a summary of the issues that one needs to memorize or recall. The card is then folded and used for assessment where one tests their ability to recall important issues.

I have been using index card notes when doing study for the US healthcare systems course. Basically, I have been preparing index cards for the issues that seem complicated and ones that appear to be examinable. These cards have been very effective in preparing in enhancing the ability to recall various things that are essential and important. The index cards act as summary notes that can be used for studying and for easy memorization of important issues. In addition, the index cards can also be used for assessment since one can fold them and try to

raise some of the points that are recorded at the back. Since I started using the index cards, I have noted a great improvement in my performance. I can now recall important things with ease than before. With the help of the index cards, I can now assess my ability to recall important issues with ease due to the ability to examine whether I have understood the issues.

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References

Howard, P. (2004). *Basic Reading Skills*. Pascal Press.

Kaya, E. (2015). The Role of Reading Skills on Reading Comprehension Ability of Turkish EFL Students. doi:10.12973/unibulletin.412.4

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