University of New England Biddeford and Portland, Maine 207-602-2443 Www.bit.ly/UNESASC Student Academic Success Center



## **Academic and Personal Success Videos**

1. How to Get the Most Out of Studying: Part 1 of 5, "Beliefs That Make You Fail...or Succeed"

http://www.youtube.com/watch?feature=player\_embedded&v=RH95h36NChl

- 2. How to Get the Most Out of Studying: Part 2 of 5, "What Students Should Know About How People Learn" <a href="http://www.youtube.com/watch?feature=player-embedded&v=907y7XEC66M">http://www.youtube.com/watch?feature=player-embedded&v=907y7XEC66M</a>
- 3. How to Get the Most Out of Studying: Part 3 of 5, "Cognitive Principles for Optimizing Learning" http://www.youtube.com/watch?feature=player\_embedded&v=1xeHh5DnClw
- 4. How to Get the Most Out of Studying: Part 4 of 5, Putting Principles for Learning into Practice" <a href="http://www.youtube.com/watch?feature=player\_embedded&v=E9GrOxhYZdQ">http://www.youtube.com/watch?feature=player\_embedded&v=E9GrOxhYZdQ</a>
- 5. How to Get the Most Out of Studying: Part 5 of 5, "I Blew the Exam, Now What" <a href="http://www.youtube.com/watch?feature=player\_embedded&v=-QVRiMkdRsU">http://www.youtube.com/watch?feature=player\_embedded&v=-QVRiMkdRsU</a>
- 6. More than 50 videos on topics including Personal Responsibility, Emotional Intelligence, Stress, Self-management, Motivation and Learning <a href="http://www.youtube.com/user/JoatesCBC?feature=BF">http://www.youtube.com/user/JoatesCBC?feature=BF</a>
- 7. Creating Academic Success <a href="http://www.youtube.com/channel/UCRgXVSnQRnpZeEn\_ndWGCWA">http://www.youtube.com/channel/UCRgXVSnQRnpZeEn\_ndWGCWA</a>
- 8. Self, Time, and Priority Management <a href="http://www.youtube.com/watch?v=QmMUy2t0ZvQ&feature=c4-overview-vl&list=PLD7754F1D6C45A426">http://www.youtube.com/watch?v=QmMUy2t0ZvQ&feature=c4-overview-vl&list=PLD7754F1D6C45A426</a> and http://www.youtube.com/channels?q=Steve+Piscitelli
- 9. Thousands of videos on academic and content-specific topics (over 4,200). Learn almost anything for FREE! www.khanacademy.org