

**BRONX COMMUNITY COLLEGE LIBRARY
SUGGESTED FOR
OCD 01
ORIENTATION & CAREER DEVELOPMENT**

<u>CODE NO.</u>	<u>TITLE</u>
	<u>MASTERING THE COLLEGE EXPERIENCE (SERIES)</u> <i>-30 min each, c2000</i>
V2978.1	WELCOME TO COLLEGE; AN ORIENTATION
V2978.2	THE FIRST STEP: DISCOVER YOURSELF
V2978.3	FINDING THE TIME
V2978.4	MUSCLE READING
V2978.5	TAKING NOTES
V2978.6	CHALLENGES WORTH NOTING
	<u>TIME MANAGEMENT</u>
DVD247.5	TIME MANAGEMENT (Academic Success Series) -18 min, c2004
V1668	TIME MANAGEMENT – 12 min, c1990
V2978.3	FINDING THE TIME (Mastering the College Experience Series) – 30 min, c2000
	<u>HANDLING STRESS</u>
DVD247.1	STRESS MANAGEMENT (Academic Success Series) -10 min, c2004
DVD110	REDUCING STRESS – 19 min, c2004
DVD405	MANAGING STRESS –19min, c2005
	<u>BUILDING SELF-CONFIDENCE</u>
V3100	FOUR STAGES OF PERSONAL GROWTH with Les Brown – 49 min, c198?
	<u>CONCENTRATION & LISTENING</u>
	<u>LISTENING AND NOTETAKING</u>
V1630	THE ART OF LISTENING – 27 min, c1993
	<u>NOTETAKING AND OUTLINING</u>
DVD247.3	NOTETAKING (Academic Success Series) -18 min, c2004
V2978.5	TAKING NOTES (Mastering the College Experience Series) – 30 min, c2000
V1183	HOW TO TAKE NOTES – 16 min, c1989
V2352.1	LECTURE NOTETAKING (Academic Success Skills) – 27 min, c1992
	<u>READING: INFERENCES AND MAIN IDEA</u>
V1747	UNDERSTANDING THE MAIN IDEA & MAKING INFERENCES – 32 min, c1986

- READING: INFERENCES AND MAIN IDEA –Cont’d**
- V2609 **CRITICAL THINKING: HOW TO EVALUATE INFORMATION AND DRAW CONCLUSIONS** – 80 min, c1987
- V2352.5 **INCREASING READING EFFICIENCY: RATE AND COMPREHENSION** (*Academic Success Skills*) – 29 min, c1992
- UNDERSTANDING & RETAINING**
- DVD247.2 **STRATEGIC LEARNING** (*Academic Success Series*) -10 min, c2004
- TEXTBOOK READING**
- V1117 **HOW TO READ A TEXTBOOK** – 18 min, c1989
- V2352.4 **HOW CAN I ORGANIZE MY TEXTBOOK READING OR UNRAVELING THE TEXTBOOK MAZE** (*Academic Success Skills*) – 36 min, c1993
- READING SPEED**
- V2352.5 **INCREASING READING EFFICIENCY: RATE AND COMPREHENSION** (*Academic Success Skills*) – 29 min, c1992
- DVD247.4 **READING IMPROVEMENT** (*Academic Success Series*) -12 min, c2004
- SUCCESSFUL SPEAKING (SERIES)** – 30 min each, c1998
- V2467.1 **DELIVERY TECHNIQUES**
- V2467.2 **CONQUERING COMMUNICATION ANXIETY**
- TEST-TAKING SKILLS**
- V2352.2 **TEST TAKING SKILLS I: HOW DO I SHOW WHAT I KNOW?** (*Academic Success Skills*) – 29 min, c1993
- V2352.3 **TEST TAKING SKILLS II: HOW DO I KNOW WHAT TO STUDY?** (*Academic Success Skills*) – 27 min, c1993
- V2352.6 **GUIDELINES FOR TAKING MULTIPLE CHOICE EXAMS** (*Academic Success Skills*) – 35 min, c1993
- V2073 **THIS IS A TEST: THIS IS ONLY A TEST** – 30 min, c1992
- V2179 **CONQUERING TEST ANXIETY** – 17 min, c1992