Commit to Study Contract

Unfortunately, both well prepared and weaker students tend to develop bad study skills, which can hinder their progress in later chemistry classes. Based on a concept by Dr. Jeffrey Paradis at Cal State-Sacramento, I have developed this study skills contract to help you learn about productive methods of studying and preparing for class. You should read the following requirements and initial your acceptance of each in the margin to the left of each.

In order to honor the Commit to Study Contract, you must meet the following requirements (without reminder from the course instructor):

1. Watch all parts of the video on study skills and complete the associated worksheet. A copy of the worksheet can be found on Moodle.

2. Miss no more than two lectures during the semester. Anyone missing more than two lectures for legitimate reasons must document their absences (for example, with a doctor’s note) to keep the contract. Missing more than 15 minutes of a lecture will be considered an absence.

3. Keep all of your graded quizzes, lab reports, and exams as well as a record of these grades in your Chem 110 notebook. Inside the front cover is a great place to keep a list of your grades.

4. Attend recitation each week for the entire semester.

5. If either the average of your first two quiz scores or your early assessment grade is less than 72% (C-), you must attend study group each week for the remainder of the semester. Regular appointments with a course tutor are strongly recommended.

Students that successfully complete the above conditions will:

Earn the ability to drop their lowest quiz score (not including the algebra check quiz), the ability to have their exam scores counted on a sliding scale for calculation of the final course grade (see grading scale on the opposite side of this contract), and the possibility of having borderline grades rounded up (1% max.; based on instructor’s discretion).

To get the most out of the contract, it is important that you do not treat the conditions as if they are busy-work that you have to “get through”. The intention is to provide you with tools for getting the most out of any learning experience.

I hereby commit to learn better study habits in Chemistry 110

Signature______________________________ Date__________________

Printed Name ____________________________________________________________________
### Grading Scale for Students that Complete the Contractual Obligations

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examinations (4)</td>
<td>450</td>
</tr>
<tr>
<td><em>Highest midterm score</em></td>
<td>115</td>
</tr>
<tr>
<td><em>Middle midterm score</em></td>
<td>105</td>
</tr>
<tr>
<td><em>Lowest midterm score</em></td>
<td>95</td>
</tr>
<tr>
<td><em>Final exam</em></td>
<td>135</td>
</tr>
<tr>
<td>Homework</td>
<td>100</td>
</tr>
<tr>
<td>Laboratory</td>
<td>115</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>665</strong></td>
</tr>
</tbody>
</table>

"Anyone who stops learning is old, whether at twenty or eighty."
--Henry Ford

"What hurts more, the pain of hard work or the pain of regret?"
--Painted on the wall of the Boston Celtics workout facility

“Discipline is just choosing between what you want now and what you want most.”
--Unknown Author

"Practice isn’t the thing you do once you’re good. It’s the thing you do that makes you good."
--Malcolm Gladwell from *Outliers: The Story of Success*

“Success is a function of persistence and doggedness and the willingness to work hard for twenty-two minutes to make sense of something that most people would give up on after thirty seconds.”
--Malcolm Gladwell from *Outliers: The Story of Success*

"The finding that incompetence causes overconfidence is actually reassuring. It tells us that as we study and practice a task, we get better at both performing the task and knowing how well we perform it."
--Christopher Chabris and Daniel Simons from *The Invisible Gorilla and Other Ways Our Intuitions Deceive Us*