 **Mapping** is a visual representation of your own notes. It helps you sort out information in a pictorial form. This method of studying is great for visual learners. The following pages show some examples of mapping.

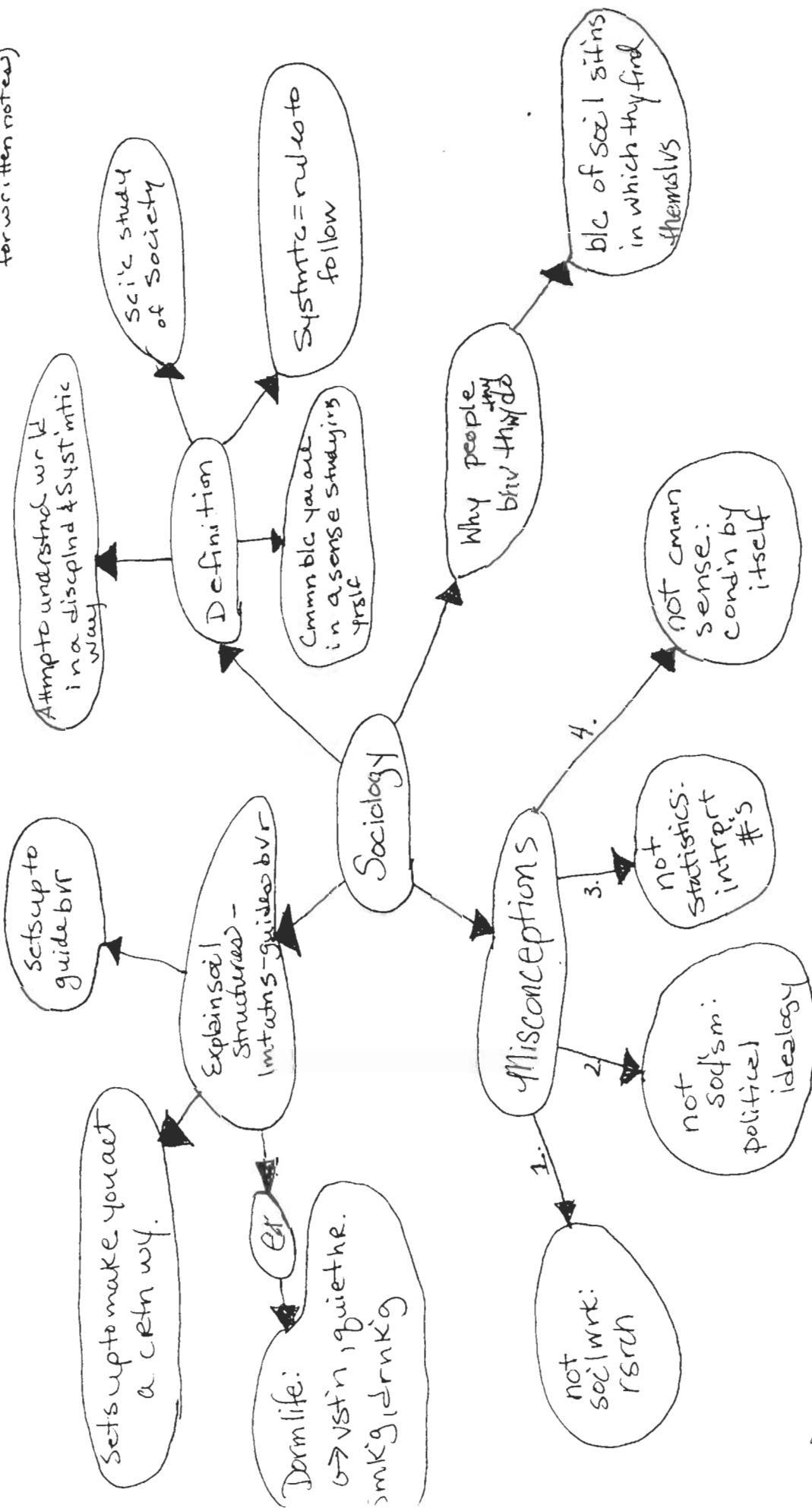
### Example 1

Study Skills: What are they and what will be covered...

Time Management	Stress Management	Note Taking	SQ3R	Test Taking
Procrastination	What is it?	Note Taking	Reading a Text	Preparing for Exams
Managing Your Time	How You Know You're Stressed	Taking Lecture Notes	Reading a Chapter	Taking an Exam
Use Your Time Wisely	Coping with Stress	Don't 'cha hate it when...	Don't 'cha hate it when...	Test Analysis
Course Planning	Supplements	Mapping	Tips	Don't 'cha hate it when
Conclusion	Tips	Cornell Method		Memory
Tips		Tips		Tips

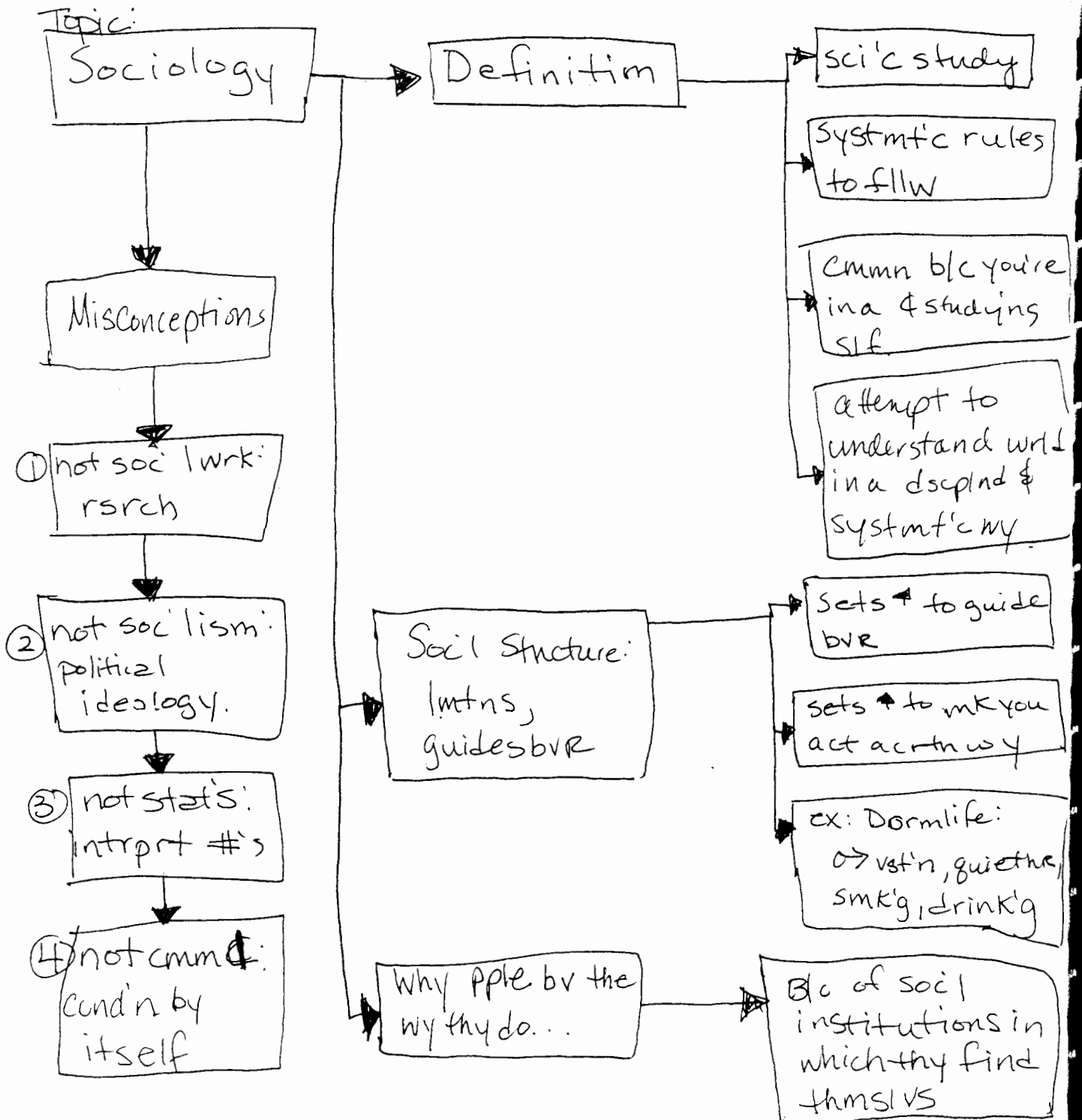
# Mapping Example 2:

Soc 100  
 Basic Soc. Terms  
 (\*see Cornell Method  
 for written notes)

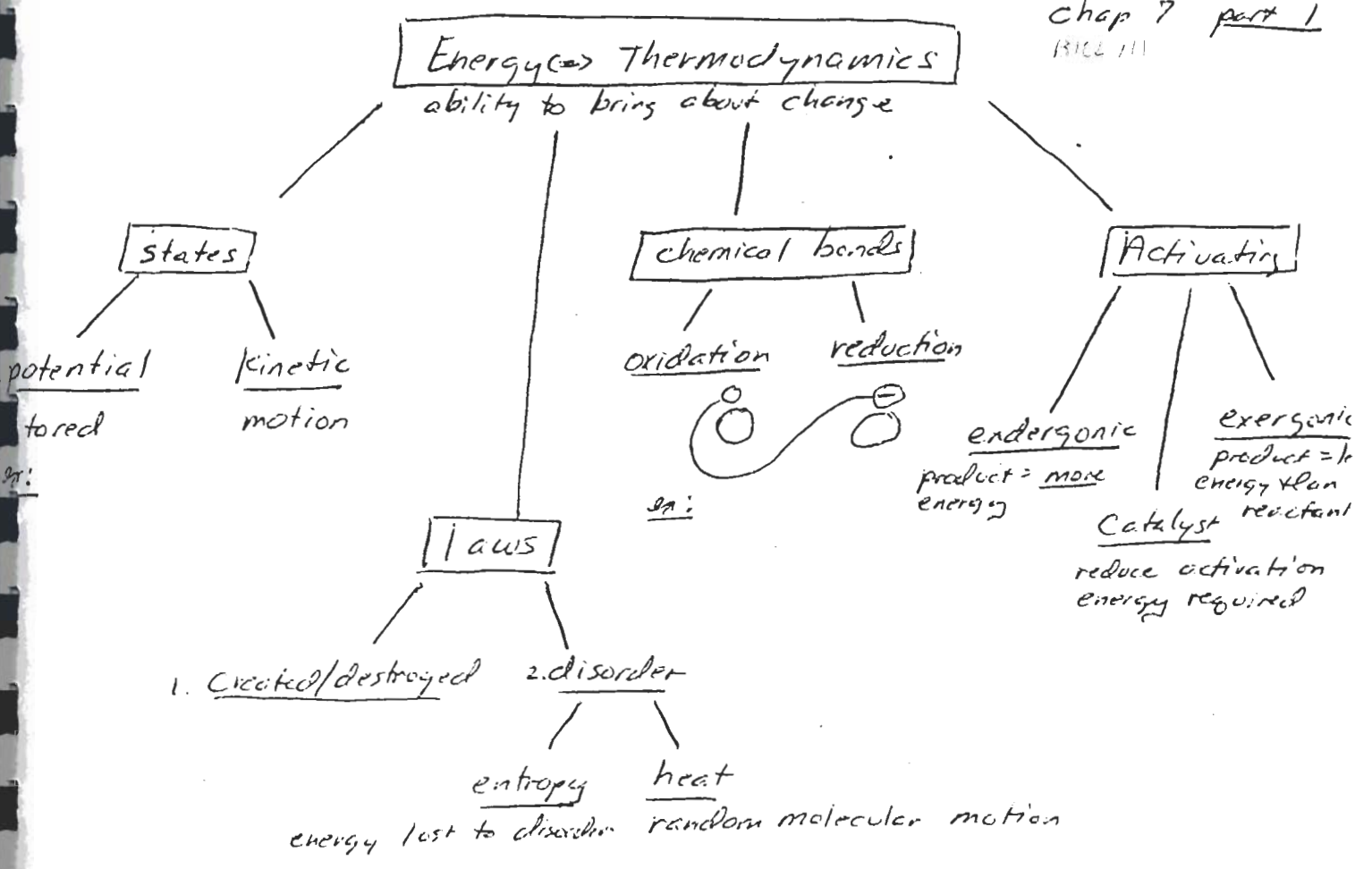


# Mapping Example 3:

Soc 100  
BSC Trms  
(see Cornell  
Method for  
written notes)







What is energy?

Give the 2 states of energy.

What are the 2 laws of thermodynamics?  
and how do they apply to living things?

What is heat?

What is entropy?

Describe an oxidation/reduction reaction.

How does a catalyst affect a chemical reaction?

What is the difference between an endergonic and exergonic reaction?