

Study Skills

- Enrolling in the first year of tertiary academic level requires a lot of adjustments for students.
- Performance in the tertiary level is affected by many factors, one of which is the students' study skills.
- No two people study the same way, what works for one person may not work for another.
- Effective study skills must be practiced for one to improve.

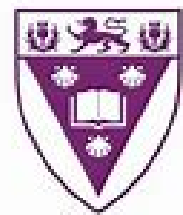
Studying at university

- What you need to know about your university course.
- Setting personal goals.
- Engaging with academic staff.

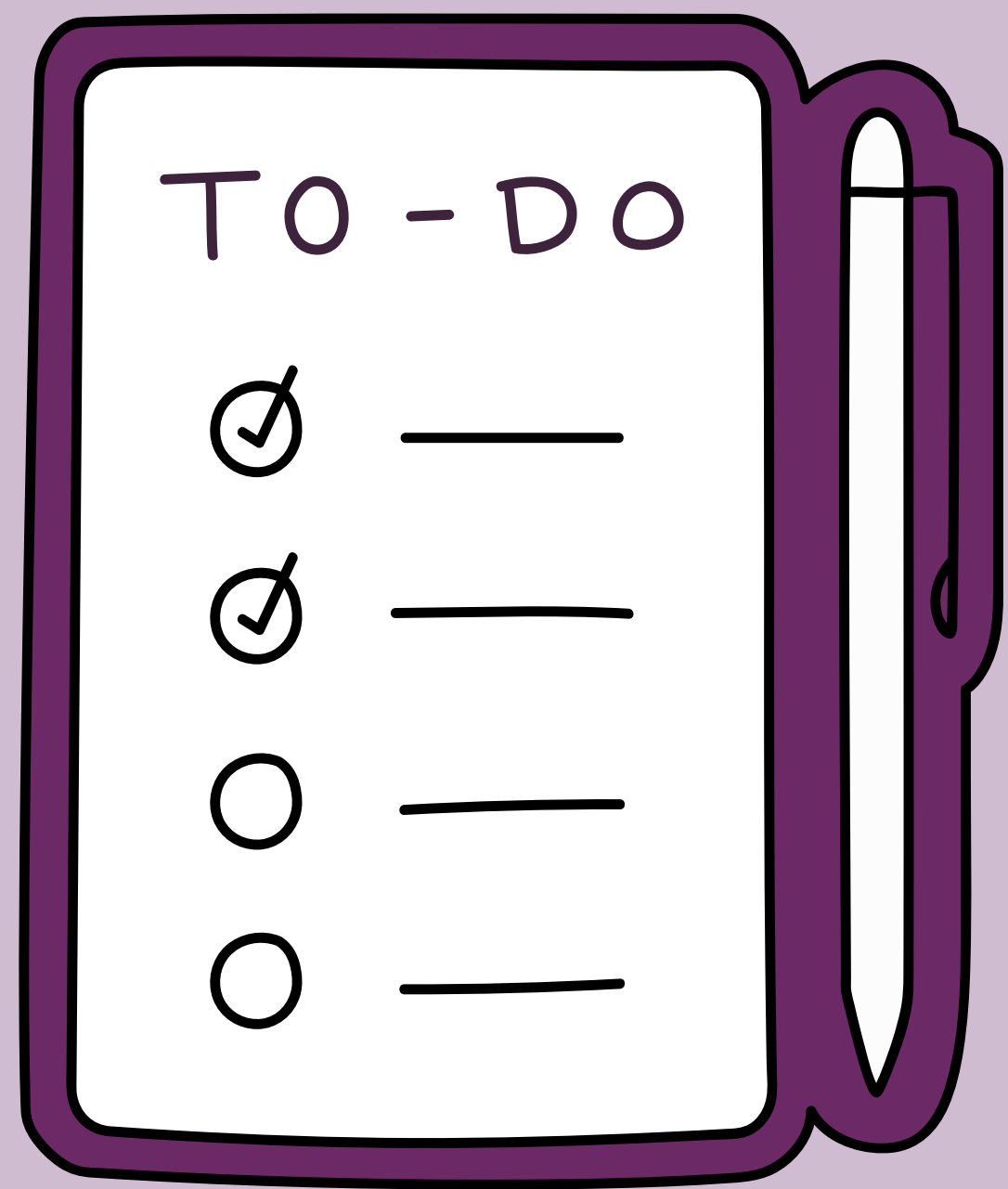
Teaching Methods

- Lectures
- Laboratories and practical classes
- Tutorials
- Writing strategies
- Discovering resources





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Being organized

- Managing yourself.
- Note-taking
- Learning styles

Preparing for assessments

- Dealing with exams, tests and assignments.
- Revision and mock tests
- Using feedback

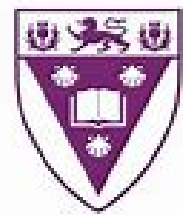
Important things to do:

- Be clear of the aims and learning outcomes for each of the modules?
- Set yourself development goals in any aspect of your course or in your extra curricula activities.
- Be mindful of how you will be assessed, when and how you will be required to hand in coursework.
- Have you been allocated a Tutor and do you know how to contact them e.g. email address, office hours, time & date etc.



Things you need to know and do in tertiary

- Crucial to attend all lectures and to access the material presented.
- Focus, engage and aim at understanding what is being taught.
- Lectures and practicals are integrated.
- Practical are designed to complement material that has been presented in a lecture.
- Know where computing facilities are.
- Know where to get help with the setting up your own computer.
- Know where the library is and its operating times.
- Be mindful of where to find the materials to support your course and how to accesses these.
- Writing/learning centre will offer writing strategies, from assignments to referencing etc
- .Guided tours or introductions to the library are offered for faculties.



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Being organised!!



Step 1

- Time-management is very important when it comes to your studies.
- Create a study plan, it is a great way of motivating you to study.

Step 2

- Develop a more strategic approach to note-taking.
- 3 parts: observing, recording, and reviewing
- Focus on main points and summarise arguments in your own words.
- Make use of flashcards.

Step 3

Identify different learning styles:

- Visual – See it
- Auditory – Hear/Say it
- Kinetic – Do it
- Focus on spending time on the module which you find challenging - daily.



Preparinfg for assessments

- Helpful to talk to your tutor or module lecturers.
- It is normal to feel a little anxious -keep things in perspective(Counselling and Centre offers these towards exams time).
- Preparing and planning ahead can help reduce exam related anxiety.
- Use past exam and test question papers.
- Draw up a revision time-table with all the key topics you want to cover.
- Requesting feedback gives you an idea of what you are doing well and what you can do to improve your grades and quality of your work.



Study Methods

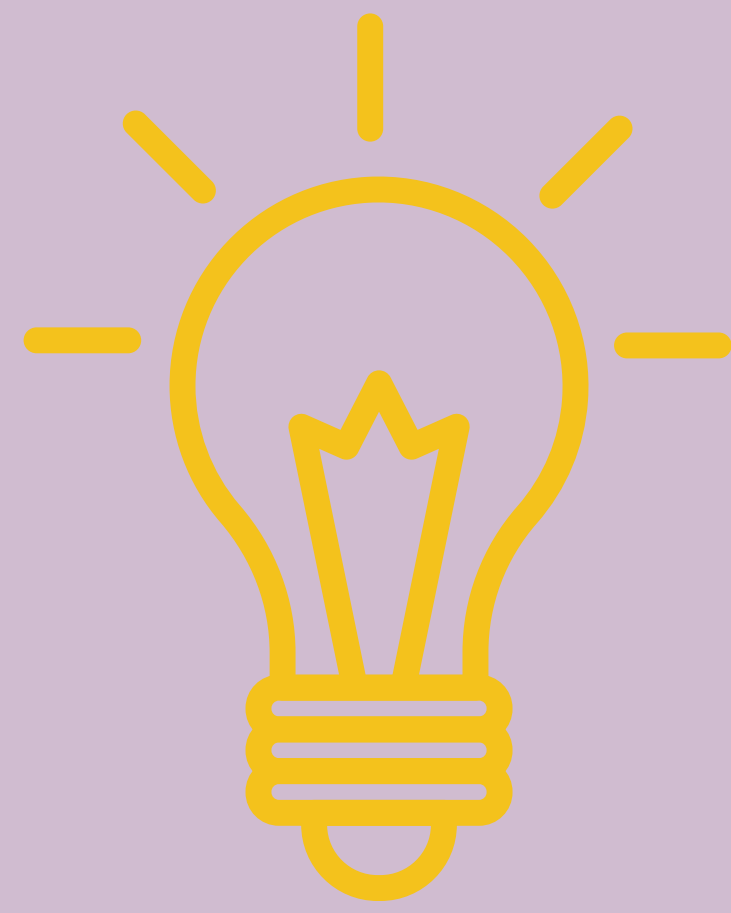


SQ3R Method

- **Survey:** Skim through the assigned material. Focus on headings, words in bold print and any diagrams.
- **Question:** Ask yourself questions related to the topic.
- **Read:** Read the text carefully. As you go, look for answers to your questions.
- **Recite:** Tell yourself the answers to your questions. Write notes.
- **Review:** Go over the material again by rereading the text and notes aloud.

PQ4R Method

- **Preview:** Skim the material. Read the titles, headings & highlighted text.
- **Question:** Think through questions pertaining to the material.
- **Read:** As you read through the material, find answers to your questions.
- **Reflect:** Consider whether you have any unanswered questions or new questions.
- **Recite:** Speak aloud about the things you just read.
- **Review:** Look over the material one more time.



THIEVES Method

- **Title:** Read the title.
- **Headings:** Look through the headings.
- **Introduction:** Skim the intro.
- **Every first sentence in a section:** Take a look at how each section begins.
- **Visuals and vocabulary:** Look at the pictures and the words in
- **End questions:** Review the questions at the end of the chapter.
- **Summary:** Read the overview of the text. bold print.

The Leitner System

- A learning technique based on flashcards.
- Keep the cards in several different boxes to track when you need to study each set.
- Every card starts in Box 1. If you get a card right you move it to the next box. If you get a card wrong, you either move it down a box or keep it in Box 1 (if it's already there).

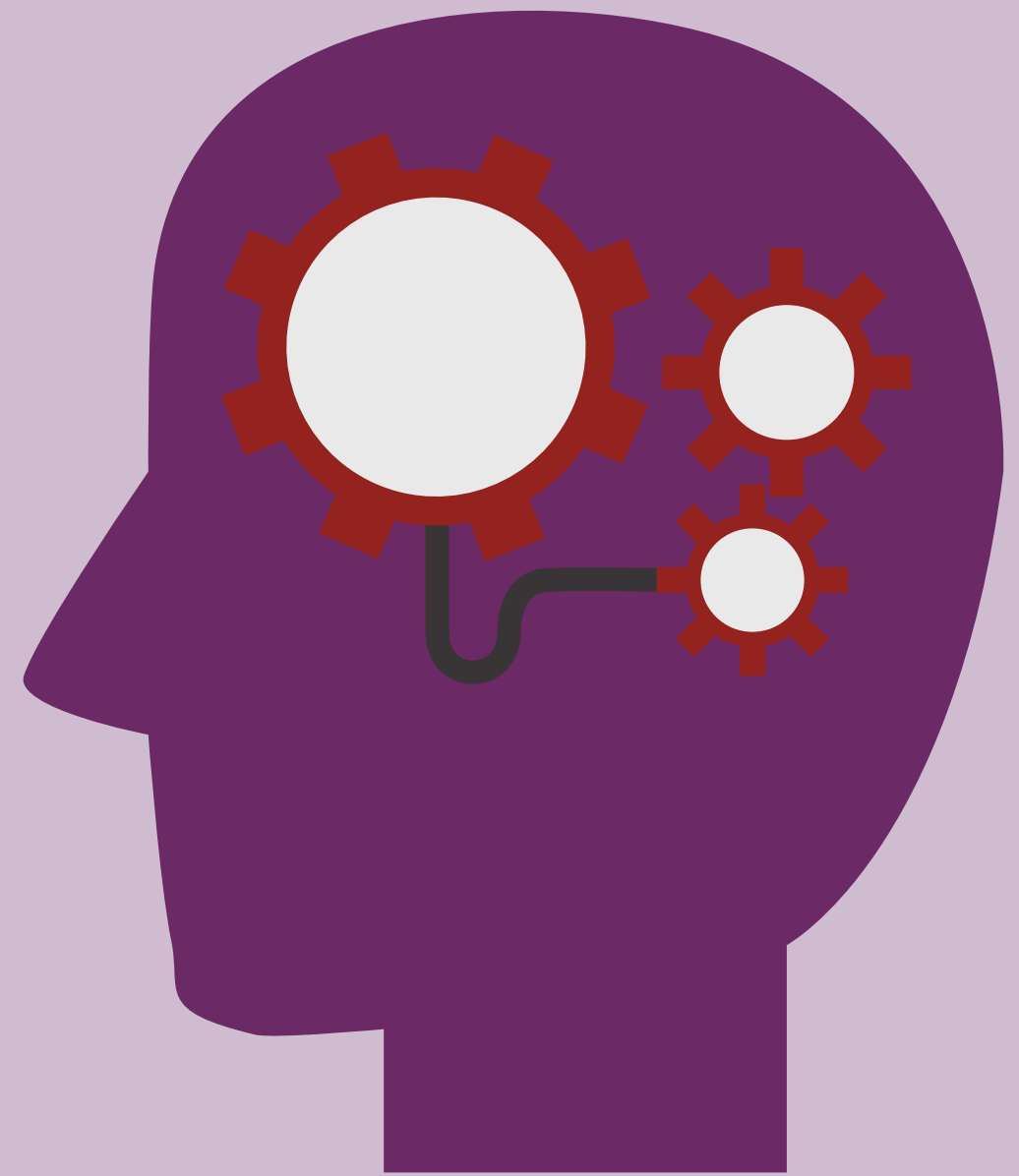
The Feynman Technique

- An efficient method of learning a concept quickly by explaining it in plain and simple terms.
- Write the subject/concept you are studying at the top of a sheet of paper.
- Explain it in your own words as if you were teaching someone else.
- Review what you wrote and identify any areas where you were wrong. Once you have identified them, go back to your notes or reading material and figure out the correct answer.
- Lastly, if there are any areas in your writing where you used technical terms or complex language, go back and rewrite these sections in simpler terms for someone who doesn't have the educational background you have.



Memory Improvement Techniques

- Study right before bed.
- Study small chunks at a time.
- Tell a story.
- Change study locations often.
- Swap topics regularly.
- Quiz Yourself.
- Use a pen and paper.
- Say information out loud.



Tips for a productive break

- Don't work for more than an hour at a time.
- Stick to the study plan.
- Save social media for your breaks.
- Spend some time with friends.
- Go for a walk outside.
- Use a break to tidy and clean.
- Switch your study location.
- Move your muscles.

