

Study Tips

Maintaining Excellence As You “DO IT WITH THY MIGHT”

From the desk of the Guidance Counsellor

Dr. Ruthlyn McLarty



CONGRATULATIONS!!!

- ▶ If you have made it this far, you are a winner, an overcomer,

congratulations!!!



- ▶ Whatever stage of your academic journey you are at, know that the best is yet to come.
- ▶ However, It is not time to become complacent. The race is not yet over. There is much more for you to accomplish; more assignments to be completed, more deadlines to meet, more victories to be celebrated.
- ▶ So, settle into your courses quickly and begin the semester strong, so that you can end even stronger. All the best.

How Do I Study?

▶ Studying is NOT:

- ▶ Reading
- ▶ Completing Assignments
- ▶ Memorizing as much of the information
- ▶ Underlining and highlighting all the information you think the lecturer will put on the test

▶ Studying IS:

- ▶ **Engaging** the learning material in a way that allows you to **master** and **understand** so your knowledge can be **applied** at a future date
- ▶ Reading, completing assignments and practice worksheets, highlighting and memorizing are a part of Engaging the learning material
- ▶ Steps need to be taken to ensure you understand it, remember and can apply it. The study skills workshop will help you with this

The Best Way to Study

- ▶ *“Know then thyself, presume not God to scan, the proper study of mankind is man“*

- Alexander Pope 1734

- ▶ To develop proper study skills and efficient study lessons, it is important to know yourself, your preferences and the times you are most efficient.
- ▶ **Things you must know to study effectively:**
 1. How do you learn - this will guide your study process.
 2. Time of day at which you study best
 3. Conditions best suited for study

HOW DO YOU LEARN?

▶ Three types of learners:

1. **Auditory** - you have to hear the information. Listening to recorded sessions, studying with others and listening while they speak, music and songs help these persons best.
2. **Visual** - you must see the material in front of you. Reading, watching videos, looking at pictures of the material are best for these learners.
3. **Kinesthetic**- you must do something. Writing notes, drawing images, completing assignments or practical activities help you while studying.

Take a free quiz to help you sharpen your study skills

<https://personalitymax.com/learning-styles-test/>

Time of Day that Suits You best

- ▶ Some persons are nocturnal- they are most active in the nights.
- ▶ Others are diurnal - you get the most of out of yourself during the day.
- ▶ Knowing your body is one of the best things that helps you determine the best times to study and do work.
- ▶ If you are diurnal - what times do you operate at your peak, shortly after waking up, in the afternoon, closer to the end of the day?
- ▶ If you are nocturnal, when are you at your peak: in early night, in the wee hours of the morning?
- ▶ Ensure that your best times are scheduled for study and not being used for other less important tasks such as hanging out with a friend or browsing social media.

Conditions That Suit You Best

- ▶ Each person is different and thus require varied conditions to get the utmost from a session. Here are a few questions to help:
 1. What noise level do you prefer when studying? A. Must have a lot of noise (e.g. music) b. Some c. None at all d. It doesn't matter
 2. Do you study better alone or with someone there? A. Alone b. With a partner c. Mixed d. It doesn't matter
 3. When studying, what comfort level is best? A. I must be comfortable or I can't focus b. I must be uncomfortable or I may get distracted or fall asleep c. Balance between the two d. It doesn't matter
 4. What is the maximum time you can study? **Use the timer to see how long you focused without getting distracted. Use the times to plan future study sessions.**
 5. How long should the study session be?
 - A. I need lots of breaks or I won't remember anything.
 - B. If I take a break then, that is it for studying.

Study Tips

- ▶ Take notes in your classes.
- ▶ If you do not understand something in class, ask questions or seek the lecturer during his/her consultation time
- ▶ Start studying the material shortly after each class. The material is fresh in your mind and easier to comprehend.
- ▶ Create a study schedule early that is suited to your habits, preferences and commitments.
- ▶ Use assignments and reading material as an opportunity to study
- ▶ Focus on understanding the information and not simply memorizing
- ▶ Organize all power point presentations, reading material, etc. into folders for **each** course- whether on the computer or a regular folder
- ▶ Study for each course weekly, this will be less pressuring when exams and tests arrive
- ▶ Seek help from friends/family and/or the school counselor to help develop an effective study plan
- ▶ Attend the **study workshop on November 11, 2021** to further boost your study skills before the end of semester exams.

Know the Gem

- ▶ "The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night."

- *Henry Wadsworth Longfellow*

References

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