

Developing effective study skills

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Word count-

Introduction. My name is Catherine, I am 43 years old and returning to study at this age of life has been a big step and terrifies me! I decided to do this degree as I have been teaching the nursery class for several years now and everyone that works alongside me or observes any of my lessons, are always shocked to find out in not a qualified Teacher. I would like to improve many study skills to enable me to successfully complete this degree and the quote ' Stop waiting for Tomorrow, Start Today' I can certainly relate to with my studies.

Taking Notes.

The first aspect of study skills I wish to discuss is Taking notes effectively. Cottrell (2019) suggests that there are several considerations to make whilst taking notes. Good organization skills which I would agree is a key factor, keeping key information that will identify and highlight the important information later will make studying far easier. Information such as the lecture, the module, topics discussed, dates and accurate referencing.

Note the key points, Writing everything down is not necessary as often things are missed. Short, correct and consistent notes are believed to be far better.

Asking questions if you miss understand or miss important information during the lecture it is claimed to save time and confusion in the long run (Twinkl)

According to the video by Cajun Koi Academy {2014} Visual notes, such as flow chart, images, diagrams and Mind maps are considered better as the brain remembers images better than words, it also processes them faster.

The video claims that student's offload too much information to their notes instead of listening and processing what the lecturer says, therefore if you have made if you have made the commitment to go to the class then use that time effectively by listening carefully and learning the information right there and then. If you then understand what's being taught you consequently take better notes.

Additionally, the notes need to be updated, edited if you didn't quite understand things the first time, then you get to clarify the notes, make connections to your other notes and topics.



(Source; Cajun Koi Academy, 2014)



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Wellbeing

Secondly our wellbeing is of utmost importance, and we can easily forget to look after ourselves.

(Twinkl) have their top tips that believe to improve your wellbeing.

Paying attention. Taking the time to observe and appreciate your surroundings.

Trying something new. Take up a new activity or hobby, learn a new language or watch something different on tv to your usual genres.

Connect with others. Reach out to friends and family, new or old.

Absorb knowledge. Reading books, magazines or newspapers. Try and learn and use a new word and use it in your day-to-day conversations.

Reduce screen time. Set yourself limits daily and walk to a friend or family members for a chat instead of texting.

Make space. Keeping work areas neat and tidy and organized. Not forgetting areas to unwind and relax.

Movement. Which takes me onto a recent video I viewed.

According to the YouTube video from the Infographic show it apparently is Scientifically Proven that the Best Ways to Study to maintain a good wellbeing include:

Exercising between study sessions -Exercise releases a blend of hormones including Dobermine, Seratonine and nerepinephrine which is required by the brain to maintain information; therefore, it is suggested to regularly hit the gym or go for a walk or swim which ever source of exercise you enjoy.

Finally, Sleeping. Sleep is critical to brain development.

According to (NPJ Science of learning 2019) students that get consistent, quality sleep perform better as students.

They believe that better quality, longer duration and greater consistency of sleep are linked to better grades.

IT Skills

Thirdly Information Technology skills are without doubt very much necessary in this present day and even the biggest of IT users are still learning something new all the time. The video on YouTube by Technology for Teachers offers a simple introduction into using Power Point which have been very use full for students who are new to it, the comments and feedback are also great. There are also simple guides into using word and excel which they believe to be very beneficial. Glenda Tinney provided a great simple guide to using Power point also that is believed to support students with their studies.

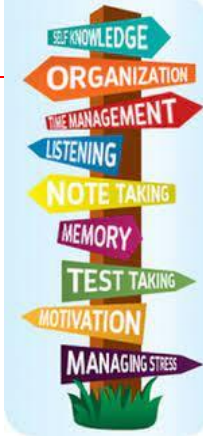
National careers service offer a range of free courses to help learn new skills, these skills include digital skills, getting the best from Microsoft and learn my way around the internet.



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Conclusion

Study skills are strategies and methods of purposeful learning, usually centered around reading and writing; but effective study skills are essential for students to acquire good results. In conclusion, The study skills all connect with each other, to achieve effective study skills all the necessary study skills need to be used, enabling students to achieve the best to their ability during their studies. Thank you for listening.



(source; my career guidance, no date)

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