

How to study effectively.

The best way to study effectively is by organising and time management, instead of trying to cram all the work in one day, space it out. Just an hour a day can go a long way, depending on how long the work is, decide how many hours the student can dedicate to the work without overdoing it (Penn, 2021). Preparing for higher education can be very difficult but if the student follows steps and guidelines, it can be very smooth. Finances are very stressful to figure out so it would be best to start and sort out whatever is needed so that the mind is clear of stress. Given enough time. Start budgeting before you leave for higher education, so budgeting can be very easy before leaving to go to higher education (UCAS, N.D).

Essential digital skills.

GOV.UK (2019), states that 11.3 million people in the U.K (21%) do not have basic skills for learning digital skills, and there are members of the public (8%) that do not know basic digital skills. There are 28% of people above the age of 60, who are unable to learn digital basics, and people with a disability have 4 times the chance of being offline! It should be essential today, where almost everything is digital (GOV.UK, 2019).

Why do we reference?

The reasoning for referencing in simple terms is to give credit to someone who put many hours into research and gathering the correct information for other people to use, and it helps avoid plagiarism by showing that you are giving credit to where it is due, it also shows that you understand the work. It gives evidence to the work you have written and backs up your statements and arguments (Leeds University, N.D).

High performers "mono-task":
Doing one thing at a time for maximum output in minimum time

Phone off + out of sight

Quiet environment

Non-distracting music choice



Write lists: get distracting thoughts out of your head

TOP 10 THINGS
Write down an idea for (later: think of it)
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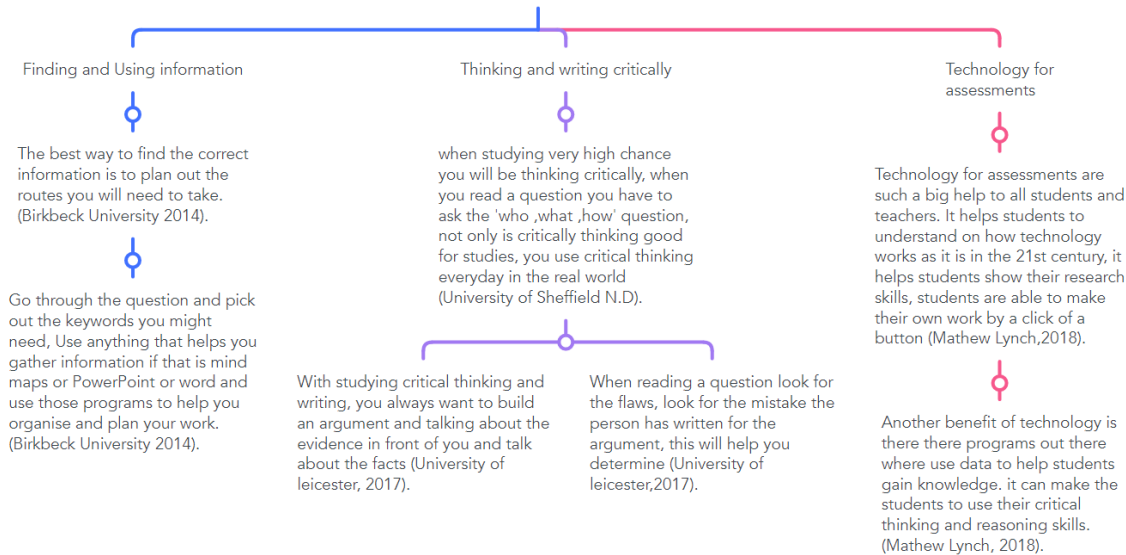
Mindfulness

ExamStudyExpert.com/how-to-study-effectively

Wadsworth (2021)

EXPERT

Becoming a Digital learner



Video presentation

<https://youtu.be/8etR3rV1KHY>

Reflective account

When starting university, I had to get used to many things, like online learning and writing my first assignment, I found it hard at the start as I've never written an essay-style assignment, so I had to learn what process I had to start with. I had to ask some of my classmates for any tips or how they started their first assignment. Some found it very easy and some also struggled. Using Burton's (1970) guide I was able to structure my writing to the three questions he gave. Using Burton's reflection I was able to understand and put my work in a better framework. For future assignments, I will use the guides and the support I have access to. I have also had to learn how to navigate the online library. For my first essay which was completed in November, I spent many hours finding sources and trying to reference my work. I have learned how to find journals and how to reference them properly, as well as online sources. The structure of my essay had an introduction, main body, and conclusion. The bulk of the information for my essay was in the main body. I had trouble paraphrasing and I had to change some sentences a few times to make sure that there was no plagiarism. I think writing in the third person is very hard and it will take a lot to get used to. I found the best way to get all the information I needed for my essay was to read loads of different pieces of work, and then I could try and put all the information down in my own words. The library has so many journals and books, I only needed to scroll through some of them to get the information I needed. It is the best resource for writing essays.

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