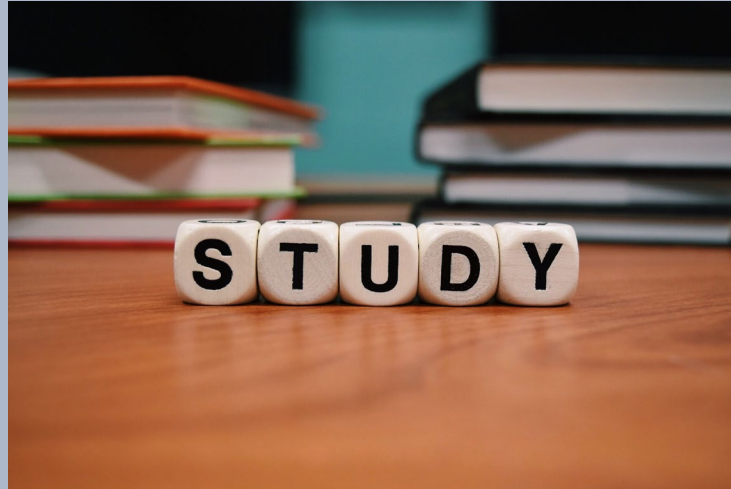


The Importance of Study Skills for an Education Studies Degree and Employment Thereafter.



Why are study skills important?

‘Developing and improving study skills is a gradual and long-term process. It is also an individual process.’ (University of Oxford, 2020)



Study skills are the tool or techniques which aid you to learn effectively and sufficiently. This presentation will demonstrate 3 skills relevant to the world of university education, more specifically an Education Studies programme and the intended employment after graduation.

‘At university level you need to be questioning everything you read, evaluating the reliability of the information and ideas and identifying when something is an opinion.’ Hopkins and Reid (2018)

Different methods of reading:

- Skimming
- Critical analysis
- Referencing
- Reading for enjoyment
- Reading for a purpose
- In depth reading
- Research

Study skill 1:

Skilled Reading

‘The most important tools for getting started are usually those provided through your course.’ Cottrell (2013)

*Reading Lists

*Assignment sheets

*Tasks during lectures

*Lecture notes



On this course?

Will help understand the tasks given better, whilst gaining skills that can be used in all areas of life.

In further employment?

In a teaching environment would give you an advantage to help your pupils with correct knowledge and understanding.

Personal development

For skilled reading



- Use my software on my computer effectively and use the support I am entitled to from someone who specialises in the software
- Use the Library resources. Including their additional classes on referencing or using other texts like journals.
- Utilise my time with my learning support. Create plans ahead of time in ways I wish to learn new skills.

Time management

3 Time management issue problems students face:

1. **Planning** – Not being realistic in your organisation of the time you have.
2. **Procrastination** – Avoiding starting tasks due to a number of reasons.
3. **Perfectionism** – Aiming to be perfect each and every time, which adds time to tasks. Moore *et al.* (2010)

As a student its vital to:

- **Evaluate** – How to use your time effectively.
- **Decide** – How you want to use your time.
- **Organise** – Your time so that you feel in control.
- **Save** – time for things your really would like to do.

Cottrell (2013)



Mental health and Well-being.

On this course?

‘Having a structured approach to managing your time is key to staying in control of your work.’ (Leeds University, no date)

In further employment?

‘Time management skills are important because they help you structure your work in a way that allows for you to accomplish goals’ (Indeed, 2019)

Personal development

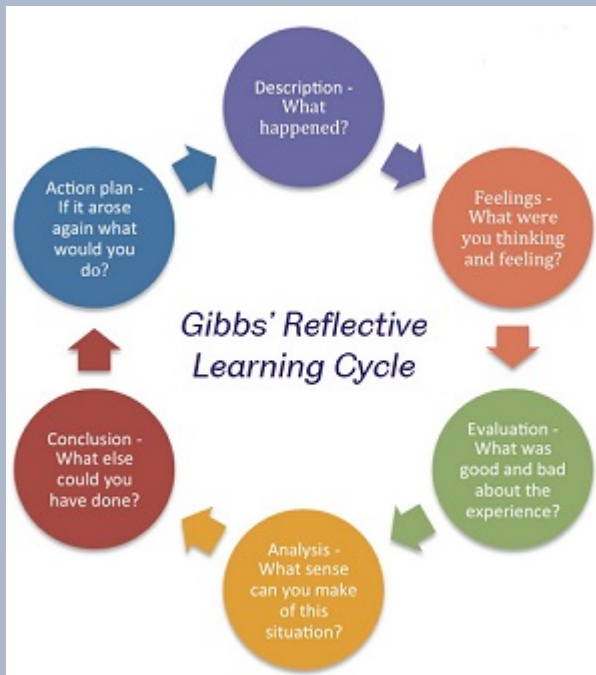
For time management skills



- Start using ways to plan ahead. Like diary's, study plans or assignment calendars.
- Learn that by making mistakes and not being 'perfect' will allow you to grow as a learning.
- Be strict in the time set aside for each task. Don't allow crossovers.

Reflective practise

‘Reflection is concentration and careful consideration, and reflective practice is the mindful consideration of one’s actions, specifically, one’s professional actions.’(Osterman, 1990)



Developed in 1988 by Graham Gibbs, the Gibbs' reflective cycle is a structured way to learn from experiences. With the aim to allow yourself to go through the 6 stages and allow yourself chance to understand your actions (positive or negative) and plan ahead. (University of Edinburgh, no date)

*See hand out from University of Cumbria

On this course?

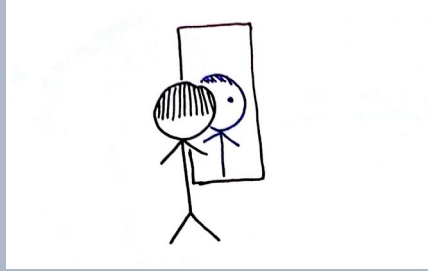
‘By trying out methods of reflection and personal inquiry we can nurture greater self-awareness, imagination and creativity, as well as systemic, non-linear modes of thinking and analysis.’(Participatory Methods, no date)

In further employment?

‘Reflecting on workplace experiences – the challenges we face, and our successes – can be a particularly useful thing to do. It helps us to think about the realities of our working environments, what we do well or don’t do so well and why.’ (Duke University, no date)

Personal development

For reflective practise



- Reflect more often. Use more structured reflection after each module or assignment to learn my strengths and improve on weakness.
- Don't take things personal when I get constructive comments. Learn from mistakes.
- Use methods that help me self assess, understand and conclude all areas of my life.



‘Study techniques can be learned – good students are made not born.’ Burns and Sinfield (2016)

Thank you for listening.

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