

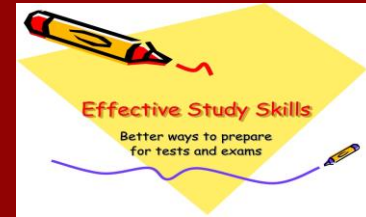
Essential Skills Buddy For Effective Study

Introduction

Finding the inspiration to succeed academically, can be challenging for students, especially considering the learning barriers that can present themselves in today's society. This assignment explores the methods of learning and skills required for successful study, as well as the reasons to support and reasons to oppose them... Effective or defective?

A poster analysing the qualities and attributes for academic achievement

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Skill 1: Self-Reflection

Lew and Schmidt (2007), determine that self-reflection in the form of journal writing, improves academic performance and enhances learning. They discovered this, by conducting a study, to see if continuous journal writing contributed to effective self-reflection. 327 students were studied, via automated coding procedures. They were asked to self-reflect on their learning, on a day-to-day basis using their writing journals, which were then studied.

(Huijer, 2023) argues that journal writing can result, in a student experiencing ruminative thoughts and over analysing themselves. Nonetheless, he also believes that if used within sensible limits, journal writing can help you to have a positive outlook on life.

According to Larraz *et al.* (2017) however, collaborative learning is the leading form of self-reflection, for both students and tutors. They also claim that working collaboratively, is effective for a vast number of skills.

School Box, a world-leading education technology provider for K-12 schools, have a more modern take on academic study. For example, they support the use of journals, but in the form of a digital tool, as opposed to a writing journal (Schoolbox, n.d.).

Skill 2: Critical Thinking

Eales-Reynolds *et al.* (2013) believe that critical thinking helps students, to develop the required skills to think rationally, perfect problem-solving, recognise strengths and weaknesses and question opinions and data which, in turn, leads to effective study.

Caulfield (2019) claims in an interview that critical thinking results in information overload. He argues that if students are taught to think critically and obtain too much data at once, they will develop brain fog. He also maintains that students will become distressed, if they focus too much on false information and will be unable to determine, if any data is true at all.

Caulfield (2019) recommends using the SIFT process as an alternative, for good practice (Stop, Investigate the source, Find better coverage, Trace claims, quotes and media back to their original context).

Affandy *et al.* (2019) are convinced there is a strong link, between life skills and critical thinking and this connection is vital, if students are to achieve academic excellence and a well-balanced structure in life. They also emphasise that it is a significant attribute to accomplishment in the 21st century.

Skill 3: Creativity.

Krueger (2022) believes that creativity is essential, because it helps students to become more adaptable to change and more acceptable to failure, which results in academic success. She also claims that it inspires students to expand their knowledge, which encourages learning.

Dean (2012) argues that there is a dark side to creativity. He suggests that creative people are more likely to be conceited, cunning and corrupt, as they are skillful in concealing the truth. He also feels that creative people may not be able to express themselves or their ideas, due to a lack of trust in others. Therefore, limiting their creative flair.

A recent vlog by (GCF Global, 2018) illustrates, it is generally considered today that you either have creative flair, or you do not. Additionally, some people feel that they are not creative at all. GCF Global (2018) point out that we are all creative on a day-to-day basis, without even realising it. This could propose that without fact finding and gaining essential knowledge and understanding, it can lead to assumptions and the inability to make informed judgements.



Conclusion

This assignment has critically analysed the effectiveness of numerous skills and learning methods and discussed the importance, as well as the potential barriers of implementing them.

The arguments presented indicate that despite the illusion of differences, the outcome is inevitable, which is to say that the various skills and attributes discussed, are all effective in the development of a student's academic success.

The second key point to highlight, is that regardless of students having a preferred learning method, one cannot ignore the fact that alternative learning methods can also be effective.

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