Developing effective study skills

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2317427
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Introduction. There are several components of study skills to consider if a student wants to excel in university. With helpful reading from the study skills handbook, Cottrell (2019) wants to assist students in their academic journey. The handbook's objectives are to help students comprehend the various aspects of academic study, to make expectations clear, to support them as they study, to create successful study habits, and to support their own approaches. In addition to giving students support with their resources and references, the guidebook offered advice on how to complete academic work, engage the student's mind, and undertake study activities.

What are study skills? What makes study skills crucial? according to Cottrell (2019) Studying techniques enable you to organise your independent studying with knowledge of what you are doing, strengthen your confidence, minimise the stress associated with studying, increase the quality of your work and increase the enjoyment of studying to achieve higher grades.

(source; my career guidance, no date)

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 organisation skills is a key factor, keeping key information that will identify and highlight the valuable information later will make studying far easier. Information such as the lecture, the module, topics discussed, dates and accurate references.

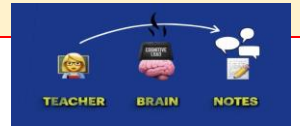
Note the key points, Writing everything down is not necessary as often things are missed. Short, correct, and consistent notes are believed to be far better.

Asking questions if you miss understand or miss valuable information during the lecture it is claimed to save time and confusion. Listening carefully, maintaining a goof focus in class, making selective notes and participating in class activities are all suggestions of Cottrell (2019).

According to Cajun Koi Academy {2014} Visual notes, such as flow charts, images, diagrams, and Mind maps are considered great sources of keeping notes 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 did not 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)

Wellbeing

(source; istockphoto.com, no date)

Secondly the well-being of a student is of utmost importance, and they can easily forget to look after themselves.

Twinkle (2023) have their top tips that are believed to improve your wellbeing. Students should take the time to consider the following -

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

Trying something new. Take up a new activity or hobby 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 an unfamiliar word and use it in your day-to-day conversations.

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

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

Movement. Which takes me onto a recent video.

According to the Infographic show {2018} 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 (2018) students that get consistent, quality sleep performs better as students.

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

Cottrell (2019) offers a mindfulness for students' books that is believed to be beneficial during studies.

Cottrell (2019) also advises students to acknowledge their anxieties and Plan a course of action to manage these anxieties. Identifying priorities within the studies of what needs doing immediately, which aspects can wait and the order in which to work through.

Digital Skills

Thirdly, digital skills are necessary today, and even the biggest of IT users are still learning something new all the time. Technology for Teachers (2018) offers a simple introduction into using Power Point which has been very use full for students who are new to it. The comments and feedback are also particularly useful according to other student users. There are also simple guides into using word and excel which they believe to be beneficial. Forest (2013) provided a great guide to using Power point believed to support students with their studies. National careers service (no date) offers a range of free courses to help learning new skills, these skills include digital skills, getting the best from Microsoft and learn my way around the internet.

Cottrell (2019) shares detailed Information on where to start with your study searchers online, firstly by using Google scholar, secondly narrowing your search strings, and thirdly saving useful sources for easy reference and re finding for future use. Cottrell (2019) also provides a thorough guide to citing your sources, recommending Harvard style referencing, which is an especially very important skill during study skills providing a full list of sources used in the assignment.

(source; istock by getty images, no date)

Conclusion

Effective study skills are necessary for students to achieve satisfactory results. Study skills are the tactics and variety of ways of purposeful learning, mainly focused on reading and writing. In conclusion, the many study techniques are interconnected, and in order to develop efficient study techniques, all relevant study techniques must be applied. This enables students to perform to the best of their abilities while pursuing their academic goals.

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(Source; Cajun Koi Academy, 2014).

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