

SKILLS AND QUALITIES FOR SUCCESSFUL STUDY

IN HER 2019 BOOK, THE STUDY SKILLS HANDBOOK, STELLA COTTRELL IDENTIFIES THAT IT IS USEFUL TO ESTABLISH WHAT TYPE OF LEARNER YOU ARE TO BE ABLE TO SUCCEED IN ACADEMIA. IDENTIFYING YOUR LEARNING STYLE AND BEING AUTHENTIC TO THIS WILL HAVE A POSITIVE IMPACT ON NOT ONLY YOUR STUDIES BUT ALSO YOUR TIME MANAGEMENT SKILLS AND THEREFORE YOUR WELLBEING.

Learning Styles How you learn and retain information.	Managing Stress & Wellbeing Controlling your own contentment and resilience with the ability to function well and happily.	Time Management Organising your time effectively to allow for all of your commitments.
According to the VARK model, there are 4 different learning styles which can be identified via their self-evaluating questionnaire; Visual - Maps, charts, graphs Aural – Speaking & listening Read/Write – Notes, journalling, books Kinaesthetic – ‘Hands-on’ experiences <u>VARK Learning Style Questionnaire: How do you learn best? (vark-learn.com)</u>	The Five Ways to Wellbeing were developed following the Mental Capital and Wellbeing Report (2008). They include; Connect Be active Take notice Keep learning Give <u>Tips for Wellbeing</u> Organisation and perspective Preparation and time management Eat and drink healthily & in moderation Relax with family/friends Exercise Sleep well If you are struggling, ask for support!	Time Management = Study Success* There are many time management techniques with one example being Francesco Cirillo’s ‘Pomodoro’ Technique which helps to manage productivity in 25-minute intervals. <u>Tips for Time Management</u> Be realistic Create a timetable Prioritise Avoid distraction/procrastination * Cottrell, S.

REFERENCING

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