

Importance of essential study skills for successful students

Introduction

This presentation will consist of three important study skills that will enable you to work more effectively, build your confidence and develop your perspectives. It will include, note taking, time management and critical thinking.

Note Taking

According to Cottrell (2013) note taking is an essential aspect of academic writing as note taking allows students to remember and revisit important sections of information. Peterson (2017) expands on this by stating that students must ensure that they are taking notes effectively when listening to the lecturer. Taking notes after listening or reading, forces you to practice remembering, rather than taking notes during the lecture. Your notes should be in your own words, in the context of what you're thinking about, to aid in retaining the information. Mueller et al. (2014) suggests that taking notes on a laptop is multitasking and can be a distraction for students. The studies in table 1 below show that students who have written notes by hand perform better than students who have note taken on a laptop.

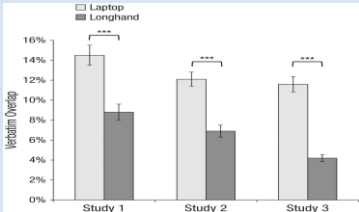


Table 1: Laptop versus longhand performance (Sage Journals, 2014)

Time management

Cottrell (2019) states that, not only how much time spent studying will greatly affect your success but also how well you use that time. By planning your time, it can lead to greater productivity and achieving your goals. Nasrullah (2015) strengthens this point by revealing that the academic performance of student's is highly associated with time management. Cottrell (2019) also notes that by being effective with your time usage you allow yourself saved time to use as you choose such as, delving deeper into your subject to gain broader knowledge, strengthen what you previously learned so you have more clarity on that topic, attain higher grades by organizing yourself before any exams and assignments and having time for work, loved ones and your social life. Additionally, Peterson (2019) stresses the importance of having a schedule to achieve your goals. "To have your best possible day that you want, you schedule it" (Peterson,2019). Cottrell (2019) noted 10 steps that are effective to develop time management.

Study smarter, not harder! By actively developing good study skills and learning strategies, you will keep your motivation high and achieve your goals more easily and more efficiently. (Student Wellness Centre, 2023)

Critical thinking

According to Eales-Reynolds (2013) critically thinking is a way of questioning to make sense of things. By critically thinking you develop your own understanding and increase your personal knowledge. Peterson (2019) believes that the greatest way for students to learn critical thinking is to learn how to write. They argue that the ability to think, speak, and write coherently is essential for success in the world. Eales-Reynolds (2013) also states that critical thinking will be an important skill as you undertake your studies, allowing you to critically and objectively think about a topic and to be effective in an argument. According to Cottrell (2017) as a student you will research, write and read through large amounts of material, a fraction of this would be in your work. Through applying critical thinking it is easier to make the choice of selecting the material to include or exclude in your work.

Conclusion

In conclusion, the research has shown that note taking, time management and critical thinking are all linked to being effective skills enabling more successful students, and all have their own value in academic studies.

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