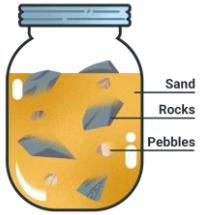
The pickle jar theory by Jeremy Wright 2002



Study skills for academic learning

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Words

Introduction: Hello my name is Eliesha Ford today I'm am going to discuss three study skills that support academic learning those are 1. Time management 2.Critical thinking 3.Research skills.

Time Management

Cottrell (2019 p.125) suggest that “The more time you put into the various tasks of reading and thinking about your subject, preparing for exams or fine-tuning your assignments, the more likely it is that you will do well”.

Tagliaferro.L (2023) says that “Time management involves planning and managing the amount of time you spend on different activities to utilize most of your day effectively”.

Some key aspects of time management are
Check lists- List what needs doing and when.
Calendar-Make a note of dates for lectures and assignments.
Schedule- What you going to do each day.
Reminders- Set reminders on your phone
Setting goals- Make realistic goals
Deadlines- Set deadlines a few days before the assignment is due to give yourself time to check and edit.
Remove distractions.- Figure out what is distracting you and work on removing the distractions. Fine a quiet space.

Marovic. J (may 2023) The pickle jar theory “This theory was developed in 2002 by Jeremy Wright with the notion that time is a finite space that has limits”.
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The pickle jar theory (image) is a theory that explains the importance of prioritizing tasks from most important to average important to less important.
The sand represents small tasks.
The Pebbles represent higher level tasks.
The rocks represent Important Tasks.

Critical thinking

According to Moore et al. (2010 p.100) “A critical approach requires not taking evidence or explanations at face value, finding ways of exploring and exposing underlying assumptions and challenging prevailing dogma or ‘received wisdom’”.

Critical thinking the ability to analyse all the available facts to form a judgment.

A Good critical thinker requires being
Open minded- Keeping your mind open to any possibility.
Respect what you are reading and what evidence you find.
Being considerate- consider that there is more than one explanation and people have different perspectives and points of view.
Options- Having more than one option.
Precision- Be precise in what you a reading and learning.

Other skills that are related to critical thinking-
1. Identification
2. Research
3. Identifying biases
4. Inference
5. Relevance
6. Curiosity

Not only does it help you to work independently and solve problem but also involves finding and gathering as much information about the task from as many different reliable resources as possible.

Research skills

Moore et al. (2010 p.53) suggest that “Research is a process of inquiry and investigation which can help to solve practical problems and increase knowledge”.

Researching skills requires you to find information and use it efficiently.

Research skills include researching in books, Online, Libraries, Journals and articles.

Using research skills requires using other skill also such as Time management, Problem solving, Critical thinking and communication.

It help with a more insight into the topic or subject.

Attention to detail is key to good Researching.
- Increases knowledge
- Discover new aspects

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