

22 ESSENTIAL STUDY SKILLS

BEFORE LESSON

PREVIEW
- SKIM
- 3-5 min
- prepare for lesson/reading

OPTIMISED READING
- 30 min
- chunking
- timebox
- focused & diffused thinking
- draft notes

OR-CONCEPT TESTING
- 30 min
- concept testing
- selective practice
- assess level of understanding

PAVOR READING
- 15-30 min
- build on prior knowledge

STEERING
- 30-45 min
- modified OR
- brain wave

LISTENING
- posture
- eye contact
- attention/focus
- summary

DURING LESSON

NOTE-TAKING
- use draft notes
- add information

DAILY REVIEW
- REFLECTION
- 15 min
- connection
- summary

WEEKLY REVIEW
- identify gaps in understanding
- identify topics for attention

AFTER LESSON

RECALL MAPPING
- 15-60 min
- retrieval practice
- strategic studying

NOTE-CRAFTING
- improve layout
- adds structure
- organise thoughts

OPTIMISING HOMEWORK/PRACTICE
- warm-up
- build on lesson
- review learning

TEST

BEFORE

GTR CIRCUIT
- 45-60 min
- rehearse for test/exam
- identify gaps

TOPIC INVENTORY CHECKLIST
- self-evaluation
- monitor progress
- identify topics for improvement
- structured progress

DURING

30/1 RULE
- incremental progress
- growth mindset

LEARNING & RECALL
- self-awareness
- growth mindset

WEEKLY SCHEDULE
- timeliness
- organised life
- pace

72-HOUR WINDOW
- manage exam stress and anxiety

98-DAY PLAN
- strategic studying
- mode of study

REVIEW OF WORK
- self-awareness
- self-evaluation
- selective studying

STUDY SKILLS INVENTORY
- self-awareness
- self-management

SUPPORT KNOWLEDGE

ACES OF STUDYING
- place
- space
- pace

meta



Essential Study Skills

Geraldine Price, Pat Maier



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Essential Study Skills Tom Burns, Sandra Sinfield, 2003 The second edition of this bestselling book is publishing in April Essential Study Skills is designed to be the complete practical guide to academic success covering everything from what it means to be a university student to how to succeed in exams The effect on our students was like star dust Anne Schofield Ruskin College Oxford commenting on the authors teaching Developing Essential Study Skills Elaine Payne, Lesley Whittaker, 2006 This guide to study skills is essential reading for students going to university for the first time Whether it is read before or alongside a study skills module this text will enable students to gain necessary skills and confidence

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Table of Contents Essential Study Skills

1. Understanding the eBook Essential Study Skills
 - The Rise of Digital Reading Essential Study Skills
 - Advantages of eBooks Over Traditional Books
2. Identifying Essential Study Skills
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Essential Study Skills
 - User-Friendly Interface
4. Exploring eBook Recommendations from Essential Study Skills
 - Personalized Recommendations

- Essential Study Skills User Reviews and Ratings
- Essential Study Skills and Bestseller Lists
- 5. Accessing Essential Study Skills Free and Paid eBooks
 - Essential Study Skills Public Domain eBooks
 - Essential Study Skills eBook Subscription Services
 - Essential Study Skills Budget-Friendly Options
- 6. Navigating Essential Study Skills eBook Formats
 - ePub, PDF, MOBI, and More
 - Essential Study Skills Compatibility with Devices
 - Essential Study Skills Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Essential Study Skills
 - Highlighting and Note-Taking Essential Study Skills
 - Interactive Elements Essential Study Skills
- 8. Staying Engaged with Essential Study Skills
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Essential Study Skills
- 9. Balancing eBooks and Physical Books Essential Study Skills
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Essential Study Skills
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Essential Study Skills
 - Setting Reading Goals Essential Study Skills
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Essential Study Skills
 - Fact-Checking eBook Content of Essential Study Skills

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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