

22 ESSENTIAL STUDY SKILLS

AFTER

IESSON

WEEKLY SCHEDULE



- timeliness
- organised life
- page

BEFORE LESSON

DOENTEW

- -SXTM
- 3-5 min
- for between! reading

LISTENTING

- · posture
- · eve contact attention/
- Focus.
- · SUMMERCE V



NOTE-TAKING

- · use draft notes
- add information

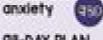


MAPPING

- IS-60 min. retrieval
- proctice
- strategic shudwing.



- GIR CIRCUIT
- US-60 min.
- rehecrse for
- test/expen-Identify
- ggps.



· manage exam

- **98-DAY PLAN** strategic
- studying

72-HOUR

WINDOW

stress and

· mode of study









NOTE-CRAFTING

- improve layout
- adds structure.

10

organise thoughts



CONTRACTOR OF

TOPIC INVENTORY CHECKLIST

- Smiftevaluation
- monitor
- progress identify
- topics for improvement
- structured progress



DURING

- 300
- PILE incremental
- progress crowth
- mindset



REVIEW OF WORK

self-awareness

200

- self-evaluation
- selective studying

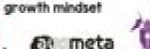






AFTER

- models
- diwareness. - salf-
- management









- 30 min. chunking
- timebox
- Focused & diffused
- thinking dnoft notes.

PAVIOR READING

- 15-30 min

- build on prior knowledge
- STEEPING 30-45 min
- modified OR

understanding

OR+CONCERT

TESTING.

- concept

selective

practice

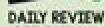
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leved of

- 30 min

testing

brain wave



- -REFLECTION
- 15 min
- connection
- turnmary



WEEKLY REVIEW

 Identify goos in understanding Identify topics

for attention

· WIGHTO-UD build on. lesson - neview learning

PRACTICE

OPTIMISING

HOMEWORK/



ACES OF STUDYING

- place
- poce





· self- gwareness

LEARNING

& RECALL

Essential Study Skills

Geraldine Price, Pat Maier

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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
 - \circ 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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