

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

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

DURING LESSON

NOTE-TAKING
- use draft notes
- add information

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

DAILY REVIEW
- REFLECTION
- 15 min
- connection
- summary

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

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

AFTER LESSON

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

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

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

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

TEST

BEFORE

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

DURING

30:1 RULE
- incremental progress
- growth mindset

AFTER

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

YOUNG ADULTS' STUDY SKILLS

72-HOUR WINDOW

- manage exam stress and anxiety

98-DAY PLAN

- strategic studying
- mode of study

WEEKLY SCHEDULE

- timeliness
- organised life
- pace

STUDY SKILLS INVENTORY

- self-awareness
- self-management



LEARNING & RECALL

- self-awareness
- growth mindset

ACES OF STUDYING

- place
- space
- pace

SUPPORT KNOWLEDGE

Essential Study Skills

Linda Wong



Essential Study Skills:

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 *Essential Study Skills 5th Edition Plus Houghton Mifflin College Reading Series Book 3 2nd Edition* Linda Wong, 2006-04-01 *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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E-Book - Essential Study Skills for Nursing Christine Ely, Ian Scott, 2006-11-24 This title is directed primarily towards health care professionals outside of the United States Study skills are essential to nursing and this easy to use guide will

helps to develop the skills necessary to academic and professional life This book takes a friendly approach and is written in a straightforward style Using examples from the real experience of being a student nurse or midwife it covers vital areas such as self motivation why attention to detail is important numeracy skills and how to make the most from the help available at universities and colleges In addition it shows ways to manage and plan your time effectively get the most out of lectures and seminars read effectively remember more make notes and use them to develop understanding manage and succeed at assignments develop practical nursing skills learn from clinical experiences and develop reflective skills The how to approach and friendly matter of fact style is designed to help students make the very best of their experience with lots of useful information on how to improve academic performance and succeed This book is aimed specifically at student nurses and so allows them to learn about study skills within a context that they can relate to Useful reflective boxes at appropriate points throughout the text encourage students to engage with the text as they read The attractive design makes the book accessible and easy to use The book is current with helpful material on the internet and maths which are now key skills for nurses A wide range of assessments are discussed which are increasingly being used on nursing programmes including practical exams OSCEs and oral presentations Clinical practice skills lab and class room based learning are discussed to help students appreciate and understand how clinical practice is developed

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Essential Study Skills, Third Edition and Guide to Reading, Third Edition Wong, 2001-04-01 **Essential Study Skills for Health and Social Care** Marjorie Lloyd, Peggy Murphy, 2008-09-24

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effectively 9 Dissertation and research skills 10 Profiles and portfolios 11 Critical thinking analysis and reflection 12 CVs and interview techniques References Index Learn to Learn Barrie Hopson, David G. Kibble, 1998 Written for both students and people at work this work sets out to help readers assess their own learning styles and devise study programmes while explaining a range of study skills and learning techniques to assist in training or exam preparation Essential Study Skills Linda Wong, 2000-01-01 *Essential Study Skills, Second Edition and Northwest* Wong, 1997-01-01 Wong, Essential Study Skills, 5th Edition Plus Chaffee, Concise Guide to Thinking Critically, 1st Edition Linda Wong, 2005-07-01 Essential Study Skills Leisure Training Publications (Firm), 1999 **Essential Study Skills** Brian Stone, 1991

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