

STUDY SKILLS

HOW DO YOU STUDY?

- Time
- Place
- Environment
- Sounds
- Light



IT IS IMPORTANT THAT YOU:

Develop your own personal approach to studying

Find a way that meets your own personal
needs and discover what works for you, and
what doesn't.

VISUAL

LEARN BY SEEING

- Charts, Graphs
- Graphic organizers
- Lesson outlines
- Picture aids
- PowerPoints

AUDITORY

LEARN BY HEARING

- Read-alouds
- Listening centers
- Verbal instructions
- Discussions
- Repeat to a friend

READ/ WRITE

LEARN BY READING &
WRITING

- Books & texts
- Dictionaries
- Note-taking

KINESTHETIC

LEARN BY DOING

- Incorporate body movement
- Tactile- touch, feel
- Hands-on!



YOU NEED TO PRACTICE AND DEVELOP YOUR STUDY SKILLS

Practice makes perfect!

When you practice a skill, you will become more confident and this will be beneficial throughout your whole life.



GETTING ORGANIZED TO STUDY



Getting organized is the first step for effective studying.

- **Create a time table of what to study**
- **Make sure to include all the subjects**
- **Organize your desk to minimize distractions**
- **Switch of the WIFI on your phone**
- **Be realistic – do not plan to do more than you can handle**
- **Schedule break times as well**

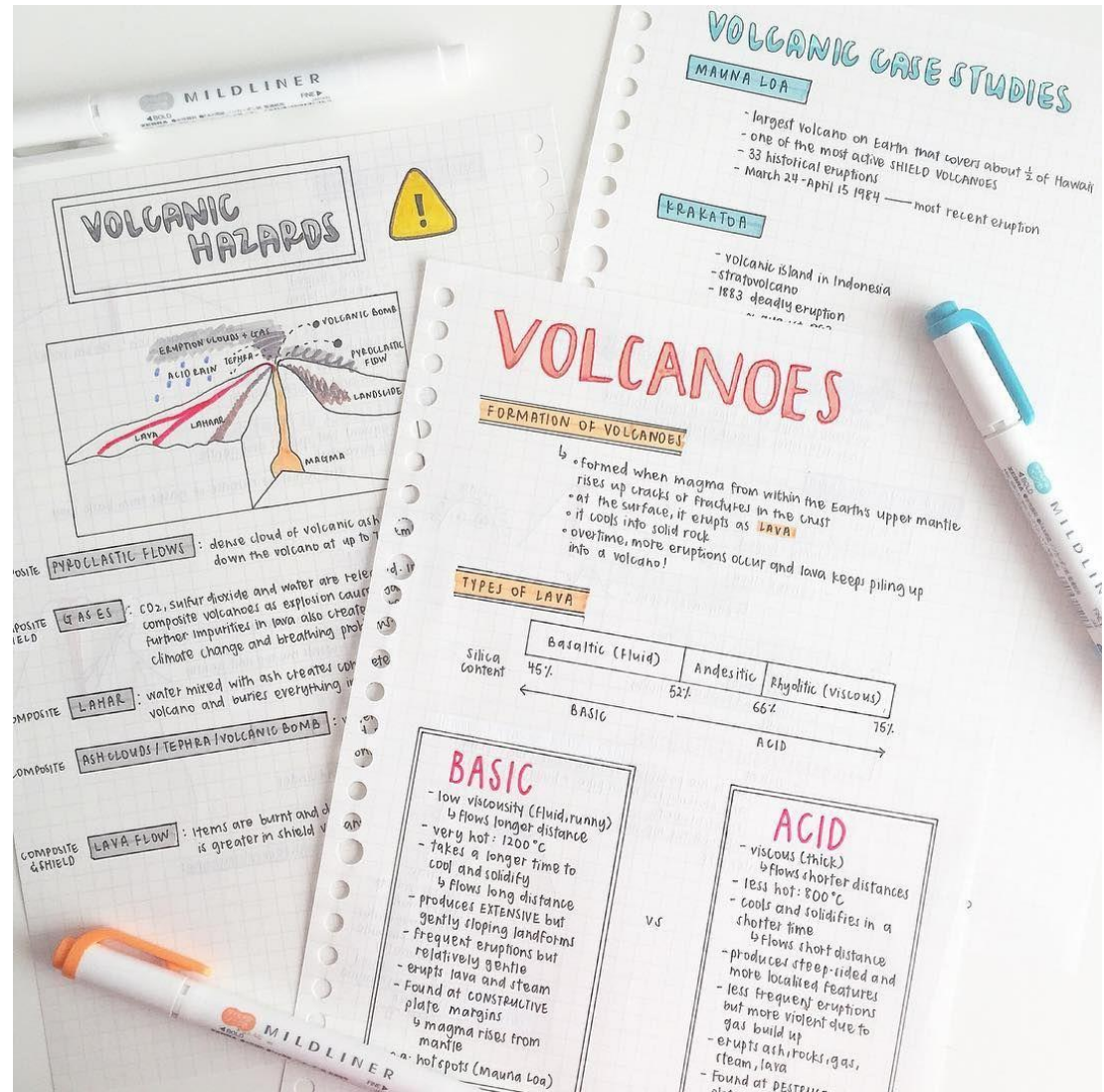


MATERIAL FOR STUDY

- **Gather all you need beforehand**
- **This will save time when you're studying as you will not have to look for books or notes whilst studying**
- **This also includes any notebooks, highlighters and other material you use to study**

NOTE TAKING

- Short notes will help you to remember the most important points
- Learn how to recognize the keywords
- Make sure that they are clear and accurate
- Write clearly and use different colors for different points
- Review your notes
- These will help when you are revising before the exam



TAKING BREAKS

- Taking breaks will help you to retain information
- It will also help to regain your concentration
- It's important to rest your eyes so if you are studying on a computer or laptop, avoid screens during your break
- You can take a short walk, have a snack or relax in an other way
- Do not take very long breaks as you will be wasting time



REVISION SKILLS

- Before the exams, revise your short notes
- Do not start studying the week before your exams as you will not manage to learn and remember everything this way
- Take your short notes to school on the day of the exam to revise on your way to school, before the exam and during your break



PERSONAL SKILLS

It's important to be:

- Self-confident
- Motivated
- Know how to deal with stress
- Practice different relaxation techniques

