

# STUDY SKILLS FOR STUDENTS

(Adapted, with kind permission, from the Dyslexia Institute, England)



It is NOT a good idea to try studying for long stretches at a time without a break. The most effective time is 20 to 40 minutes, followed by a 5 minute break. Generally 25 minutes work, then 5 minutes break works well.

## How do YOU think?

- In pictures?
- In words?

Try to discover whether you remember information better if you receive it by:

- Listening
- Reading
- Looking at pictures or diagrams
- Writing it down
- Discussing and asking questions
- Making notes
- A combination of the above

Most people learn best by using more than one sense (e.g. hearing, seeing AND writing). Most people learn best by ACTIVE INVOLVEMENT. Just looking at the material to be learned is as much use as putting a book on your head and hoping it will sink in!

## Try these examples:

1. You have reading to do, with a test tomorrow
  - SKIM the text, then read it, noting the MAIN POINTS
  - Use the main points to create a mind map
  - Check with the text to see if you got it right

- Next morning, take two minutes using the mind map to refresh your memory

## 2. Memorising formulae

- Write them down
- Say each one aloud
- Chant each one in a rhythm
- Cover each one and try to write it again
- Check if you were right
- Write chemical formulae on small cards, with the names on the back. Spread them out on the table and use them to test yourself

## 3. Learning for exams

- Plan in advance
- Make a list of topics within each subject
- Fit topics into one or more 25 minute “time chunks”
- Use the techniques suggested under “1: test tomorrow” above to revise each topic
- Have another look at your keywords, notes or mind maps the following day
- Look at keywords, notes and mind maps a week later and again just before the exam to keep the information in your memory
- **Don't leave it until the last minute!**

Last Updated June 2010