

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

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

AFTER

STUDY SKILLS INVENTORY
- self-awareness
- self-management

YOUNG ADULTS' VOICES

SUPPORT KNOWLEDGE

ACES OF STUDYING
- place
- space
- pace

LEARNING & RECALL
- self-awareness
- growth mindset

meta



Essential Study Skills

Rachel Sandford



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