

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

PAVOR READING
- 15-30 min
- build on prior knowledge

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

OR-CONCEPT TESTING
- 30 min
- concept testing
- selective practice
- assess level of understanding

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

DURING LESSON

NOTE-TAKING
- use draft notes
- add information

DAILY REVIEW
- REFLECTION
- 15 min
- connection
- summary

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

AFTER LESSON

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

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

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

TEST

BEFORE

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

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

DURING

30:1 RULE
- incremental progress
- growth mindset

LEARNING & RECALL

- self-awareness
- growth mindset

WEEKLY SCHEDULE

- timeliness
- organised life
- pace

72-HOUR WINDOW

- manage exam stress and anxiety

98-DAY PLAN
- strategic studying
- mode of study

AFTER

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

STUDY SKILLS INVENTORY

- self-awareness
- self-management

SUPPORT KNOWLEDGE

ACES OF STUDYING

- place
- space
- pace

meta



Essential Study Skills

Tom Burns, Sandra Sinfield



Essential Study Skills:

Decoding **Essential Study Skills**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Essential Study Skills**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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