

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

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

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

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

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

AFTER

STUDY SKILLS INVENTORY
- self-awareness
- self-management

WEEKLY SCHEDULE

WEEKLY SCHEDULE
- timeliness
- organised life
- pace

72-HOUR WINDOW
- manage exam stress and anxiety

98-DAY PLAN
- strategic studying
- mode of study

SUPPORT KNOWLEDGE

ACES OF STUDYING
- place
- space
- pace

LEARNING & RECALL
- self-awareness
- growth mindset

meta



Essential Study Skills

Wolfgang Guggemos



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

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