

1st Year Study Skills 2017

Back to Basics

- Pay attention during class
- Ask questions in class
- Start today – do not put studying off
- No Distractions
- Follow a plan
- Have a quiet place to study
- Keep your desk tidy
- Sleep, eat well and get some free time

Listening
=
Learning



Set goals

SMART goal setting

- Specific
- Measurable
- Achievable
- Recorded
- Time Limit

it's a dream
Until You
write it down
then it's a goal

A hand-drawn orange pencil is positioned diagonally, pointing from the word 'dream' in the top line down to the word 'goal' in the bottom line. The pencil is drawn with simple lines and has a small eraser at the top.

Helpful goal =

- Short term: I will do my homework every day to the best of my ability. Every week I will spend 10 min extra on each subject.
- I will review this at mid-term

Write down three goals in your PR book

Goals that are not written down are good intentions; you must record your goals.

Study Techniques

- Use different study methods depending on the time of the day.
- Repetition
- Engage with, understand or interpret the information.

SQ3R




- *Survey* - Scan the material;
 - look for titles, subtitles, pictures, diagrams, bold and italic type
- *Question* - After surveying ask yourself questions.
 - Who, What, Where, When, Why and How.
- *Read* - Go back to the beginning and read normally.
 - Answer the questions as you read.
- *Recite* - Cover the answers to your questions and recite them.
 - Quiz yourself.
- *Review* - Go back over the material.
 - Re-read your notes and outline the main points.

20 minute study technique

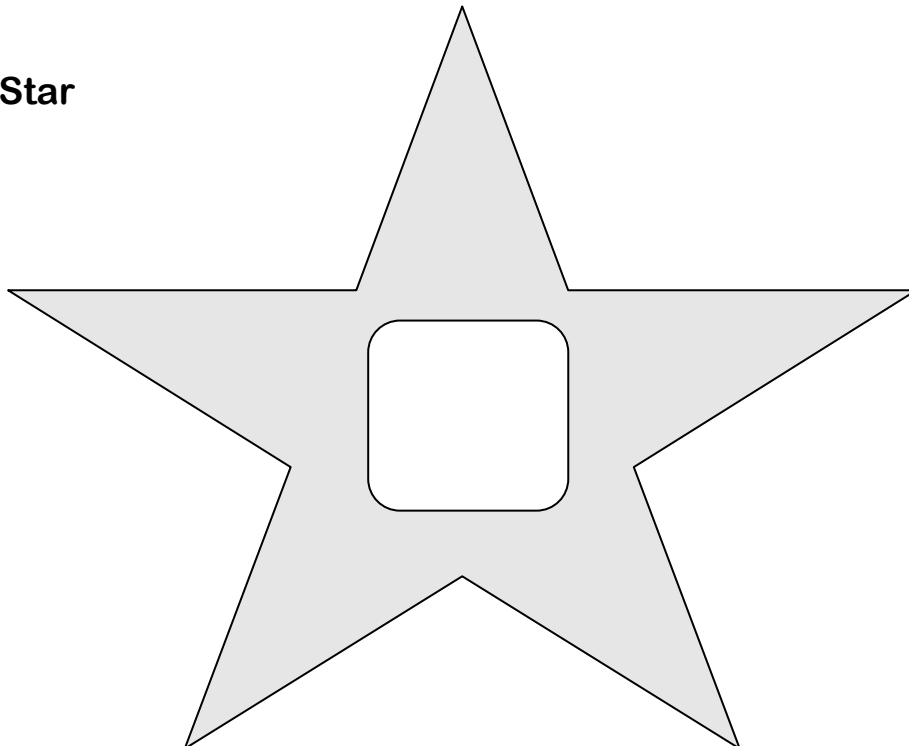
1. Test yourself before you begin (3min)
2. Take notes and practice diagrams (15min)
3. Test yourself when you have finished (2mins)
4. Record your mistakes. Draw circles around anything you forgot or got wrong. Use a different colour pen to highlight mistakes.

Summary Sheet

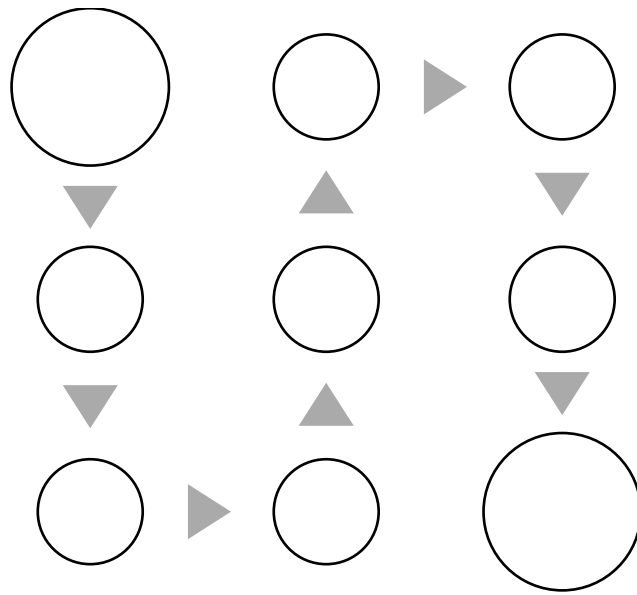
When you finish reading a paragraph or page write down your 3 – 2 – 1 points to help you sum up the main ideas and to figure out anything you don't totally understand.

	Things I found out about
	Interesting things
	Questions I still have

5 Point Star



Sequence of Events



Event Summary

