

STUDY SKILLS

Introduction:

Study skills, academic skills, or study strategies are approaches applied to learning. They are generally critical to success in school, considered essential for acquiring good grades, and useful for learning throughout one's life.

Study skills are an array of skills which tackle the process of organizing and taking in new information, retaining information, or dealing with assessments. They include mnemonics, which aid the retention of lists of information; effective reading; concentration techniques; and efficient note taking.

In today's academic context, unlike the traditional approach, these study skills are not left up to the students. Rather these skills are increasingly taught in schools, colleges and universities.

A number of books, materials, websites and other resources are available ranging from specific techniques to general guidelines to successful study.

More broadly, any skill which boosts a person's ability to study, retain and recall information which assists in and passing exams can be termed a study skill, and this could include time management and motivational techniques.

Study skills are discrete techniques that can be learned, usually in short time, and applied to all or most fields of study. They must therefore be distinguished from strategies that are specific to a particular field of study (e.g. music or technology), and from abilities inherent in the student, such as aspects of intelligence or learning styles.

Importance of study skills:

Learning to study smart is one of the most important skills you will learn in University

It doesn't matter if you are in your first year or doing a PhD, there are always ways to improve your academic performance by finding study strategies that work for you.

Why are study skills important?

- Study smarter, not harder! By actively developing good study skills and learning strategies, you will keep your motivation high and achieve your goals more easily and more efficiently.

- Learning study skills will not only help you in university, they will also help you succeed in life.
- Good study skills can increase your confidence, competence, and self-esteem. They can also reduce anxiety about test and deadlines.
- By developing effective study skills, you may be able to cut down on the numbers of hours spend studying, leaving more time for other things in your life.
- Good study skills can improve your ability to learn and knowledge.
- Students who use effective study skills may feel their work and effort is more worthwhile.

The main purpose of this course (study skills) is to guide students in their first year of learning. It is designed with the view to enable them to take immediate control of their learning. The course will enable students to devise and follow “study systems” and equip them with the ability to think critically and adopt effective learning strategies. With help of various study techniques and styles and other available resources, the students will be able to improve their academic performance.

Objectives:

- This course is designed to help students develop and use study skills that will help them become successful learners.
- To provide the students the knowledge of study skills.
- To enable them to use these study skills in their academic context.
- To learn new strategies for studying.
- To help increase performance.
- To help students learn self-management and study skills.
- To enable them to use combination of skills to minimize risks of failure.
- To make them become confident and successful in the new learning environment.

