Study Skills for Third Level

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Study Skills for Third Level

Two Modules available this year:

**PSY 10110** Learning for Success @ University

**HUM 10010** Study Skills in the Humanities

You can take HUM 10010 if you are not on PSY 10110
Study Skills for Third Level

New skills are needed

You will have to change your study habits

It takes 21 days to change a habit
Concentration
Concentration

Different types:

Active

Passive
Concentration

Different types:

*Passive*

- Watching a film, or TV
- Attending to something you are interested in or that appeals to you

*It is easy*
Concentration

Different types:

*Active*

Focusing on things you **must** do.....

Read a text book, write an essay

Things that are not intrinsically interesting to you

This is crucial for success in University
Concentration

Different types:

Active

This is something you can learn to do and develop to a high degree, like developing a mental muscle

Indeed you **must** learn to do it
Concentration

Different types:

Active

This is something you must encourage yourself to do

So praise yourself for your use of active concentration
Concentration

Have a dedicated study space
Develop a routine
Focus before you start
Set your reward
Change topics and time slots
Use the variety of activities that suits you
Study Skills

• Note taking

• Reading

• Writing

• Time Management
Study Skills

Moving from **Passive** to **Active** learning
Study Skills

http://www.ucd.ie/artspgs/studyskills
Study Skills: helpful books


focus

I can't live my life without understanding why I feel this way. I need to feel free from...
Study Skills: Notes

Why take notes?
Why take notes?

Notes for record

Notes for learning
Study Skills: Notes

Why take notes?

Notes for record

Notes for learning ✓
Trojan Ultra Thin Lubricated Latex Condoms - 36 ea
Other products by Trojan
Price: $8.69
Availability: Usually ships within 1 to 2 days
Get it for less! Order it used
Study Skills: Notes

• How do you take notes?
Study Skills: Notes

- What do you use to take notes?
Study Skills: Notes

- Where do you keep your notes?
Study Skills: Notes

- What do you use your notes for?
Study Skills: Notes

• When / Where
  – Lecture, Class, Reading, On the bus, In the pub

• How
  – Jottings, Post-its, Reminders, Cornell, Flash Cards

• What
  – Concepts, Ideas, Facts, Problems, Puzzles

• Why
  – Recall, Understand, Learn, Develop
Study Skills: Notes

- Record
- Question
- Recite
- Reflect
- Review

Be Active in Note-Taking and in Reviewing notes
**Note-taking column**

1. **Record**: During the lecture, use the note-taking column to record the lecture using telegraphic sentences.
2. **Questions**: As soon after class as possible, formulate questions based on the notes in the note-taking column. Writing questions helps to clarify meanings, reveal relationships, establish continuity, and strengthen memory. Also, the writing of questions sets up a perfect stage for exam studying later. Formulate mnemonics and tricks for helping to remember crucial items.
3. **Recite**: Cover the note-taking column with a sheet of paper. Then, looking at the questions or cue-words in the question and cue column only, say aloud, in your own words, the answers to the questions, facts, or ideas indicated by the cue-words.
4. **Reflect**: Reflect on the material by asking yourself questions, for example: What's the significance of these facts? What principle are they based on? How can I apply them? How do they fit in with what I already know? What's beyond them?
5. **Review**: Spend at least ten minutes every week reviewing all your previous notes. If you do, you'll retain a great deal for current use, as well as for the exam.

**cue/recall column**

- **Record**
- **Question**
- **Recite**
- **Reflect**
- **Review**

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**Summary Section**
Weather Topic Web

- Shadows
- Shade
- Heat
- Light
- Night
- Day
- Speed
- Chill
- Atmosphere
- Pollution
- Drying
- Steam
- Evaporation
- Fog
- Mist
- Ice
- Icicles
- Frost
- Freezing
- Precipitation
- Rain
- Hail
- Sleet
- Snow
- Protection
- Coats
- Boots
- Hats
- Umbrellas
- Climate
- Arctic
- Desert
- Jungle
- Mountain
- Seasons
- Spring
- Summer
- Autumn
- Fall
- Winter
- Storms
- Hurricanes
- Monsoons
- Tornadoes
- Cyclones
- Thunder
- Lightning
- Measurement
- Heat
- Temperature
- Wind Speed
- Snowfall
- Depth
- Trees
- Fences
- Roofs
- Forecasting
- Recording
- TV Weather Person
- Meteorology
- Heat/Chill Factors
- Trees
- Fences
- Roofs
Study Skills

• Reading
Brocante
SECOND-HAND
Food & Drinks
Study Skills

• Learning to read....
  - Reading text books
  - Reading articles
  - Reading essays
Study Skills: Reading

- SQ3R
  - Survey
  - Question
  - Read
  - Recall \textit{(most time)}
  - Review

READ IT MORE THAN ONCE!
UNDERSTAND IT!
Study Skills: Reading

• Notes
  – Don’t keep notes from lectures and reading separate!!!!

WHAT IS THE POINT IN DOING THAT?
Study Skills

• Writing
Study Skills: Writing

Expressive essay vs Communicative essay

• Research

• Argumentation

• Planning and structure

• Presentation
Study Skills: Writing

*Expressive* essay vs *Communicative* essay

We will cover this topic more fully later in the semester
Study Skills

- Time Management
- Life Balance
- Timetables
  - a) Daily
  - b) Weekly
  - c) By Semester
## Study Skills: Time Management

### Preparing a Study Timetable

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>8-9am</td>
<td>GYM</td>
<td>study</td>
<td>study</td>
<td>study</td>
<td>study</td>
<td>work</td>
<td>food</td>
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<tr>
<td>9-10am</td>
<td>study</td>
<td>travel</td>
<td>study</td>
<td>travel</td>
<td>travel</td>
<td></td>
<td>shopping, lunch, chores</td>
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<tr>
<td>10-11</td>
<td>classes</td>
<td>lunch</td>
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<td>study</td>
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<td></td>
<td></td>
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</tbody>
</table>

### Total Study Hours per Week: 34.5

- **Subject 1 (hardest):** 12
- **Subject 2 (middle):** 8
- **Subject 3 (middle):** 8
- **Subject 4 (easiest):** 6.5
Study Skills: Time Management

- University dates (look in your diary!):

- Monday 12\textsuperscript{th} September – Friday 2\textsuperscript{nd} December
  - Bank Holiday Monday 31\textsuperscript{st} October
  - Exams 10\textsuperscript{th} December – 21\textsuperscript{st} December

- Monday 16\textsuperscript{th} January – Friday 2\textsuperscript{nd} March

- Monday 19\textsuperscript{th} March – Friday 20\textsuperscript{th} April
  - Exams 30\textsuperscript{th} April – 12\textsuperscript{th} May
Study Skills: Time Management

- Exam sessions:
  - Exams 10th December – 21st December
  - Exams 30th April – 12th May
3. Find x.

Here it is
Study Skills: Time Management

• Assessments
  – Kind
  – Due Date
  – Instructions

• Examinations
  – Type
  – Duration
  – Location
Study Skills

• Critical Thinking

• Metacognition
Study Skills: Critical Thinking

Turning **Information** into **Understanding**, and Understanding into **Effective Reasoning**

A Critical Thinker......

- raises vital questions and problems, formulating them clearly and precisely
- gathers and assesses relevant information, using abstract ideas to interpret it effectively
- comes to well-reasoned conclusions and solutions, testing them against relevant criteria and standards
- thinks open mindedly within alternative systems of thought, recognizing and assessing their assumptions, implications, and practical consequences
- communicates effectively with others in figuring out solutions to complex problems
PROTESTING IS FOR THE UNPATRIOTIC

PEOPLE WHO PROTEST ARE DUMB!

PEOPLE AGAINST PEOPLE WHO PROTEST
Study Skills: Metacognition

- Awareness
- Planning
- Monitoring and Reflection
Study Skills: Metacognition

- Awareness

  - Consciously identify what you already **know**
  - **Define** the learning goal
  - Consider your personal **resources** (e.g. textbooks, access to the library, access to a computer or a quiet study area)
  - Consider the task **requirements** (essay, test, multiple choice, etc.)
  - Determine how your performance will be **evaluated**
  - Consider your **motivation** level
  - Determine your level of **anxiety**
Study Skills: Metacognition

• Planning
  - Estimate the **time** required to complete the task
  - **Plan** study time into your schedule and set priorities
  - Make a checklist of what **needs** to happen when
  - **Organize** materials
  - Take the necessary steps to **learn** by using strategies like outlining, mnemonics, diagramming, etc
Study Skills: Metacognition

• Monitoring and Reflection

  - **Reflect** on the learning process, keeping track of what works and what *doesn’t* work for you
  
  - **Monitor** your own learning by questioning and self-testing
  
  - Provide your own **feedback**
  
  - Keep **concentration** and **motivation** high
Baby Mops

* Make your children work for their keep

A after the birth of a child there's always the temptation to say "Yes, it's cute, but what can it do?" Until recently the answer was simply "lie there and cry", but now babies can be put on the payroll, so to speak, almost as soon as they're born.

Just dress your young one in Baby Mops and set him or her down on any hard wood or tile floor that needs cleaning. You may at first need to get things started by calling to the infant from across the room, but pretty soon they'll be doing it all by themselves.

There's no child exploitation involved. The kid is doing what he does best anyway: crawling. But with Baby Mops he's also learning responsibility and a healthy work ethic.
Study Skills

Questions and Comments.....
NO PARKING
EXCEPT AUTOMOBILES