

SPHE: Third Year

TASK	Reflection on study skills
TOPIC	Self-Management - A Sense of Purpose <ul style="list-style-type: none"> ▪ Planning for Effective Study
LEARNING INTENTION	That the students will have a clear understanding of how self-management and organisational skills give them a sense of control over their work.
TASK DESCRIPTION	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ▪ <i>answer some basic questions in relation to studying,</i> ▪ <i>reflect on their own studying habits and</i> ▪ <i>apply their knowledge on studying to improve their own studying habits.</i> <p>Following a presentation from the teacher on 'Effective Study Skills', the class was asked to fill out a 'Learning Styles' questionnaire. The three basic learning styles were explained. Students were subsequently asked to complete the questionnaire for homework.</p>
CRITERIA FOR SUCCESS	<p>Students will be able to</p> <ul style="list-style-type: none"> ▪ give a simple outline of what is meant by study ▪ write a short paragraph on study techniques or strategies ▪ describe a good study environment and ▪ display a basic understanding of their own learning style.

Study Skills

What is study?

1. ~~trying to learn things.~~
2. ~~Sitting in a quiet room with a book~~
3. ~~its making notes.~~ A

How should you study?

in a quiet place, with no disturbances.
sitting alone, have all
material with you. so you would
not have to get up to get
stuff every 2 seconds you should
have little flash cards to record
notes on. B

Place of Study? What should it be like?

quiet environment, with a desk and
all your books. Have no distractions,
eg. phone, music. There should be
a window in the room so you
don't feel suffocated. C

Three main learning styles

What are they?

1. visual
2. verbal
3. Kinaesthetic

Which one did you score highest in (or list two if you had the same score)?

Kinaesthetic

What is the best way for you to learn depending on the one you scored highest in?

draw diagrams, and do experiments.

D

Study Skills

What is study?

1. Revising _____
2. Learning _____
3. Testing yourself _____ A

How should you study?

By revising topics and then testing yourself. You can make notes, diagrams and glance cards and then get others to test you or do the questions at the end of chapters. B _____

Place of Study? What should it be like?

It should be in a bright, quiet room at a desk away from distractions such as TV and music. You should study at the same place at the same time every day. C

Three main learning styles

What are they?

1. Visual
2. Verbal
3. Kinaesthetic

Which one did you score highest in (or list two if you had the same score)?

Verbal

What is the best way for you to learn depending on the one you scored highest in?

Say things to yourself, listen
to things, talk to people,
get people to test you. D

Feedback for Niall	
A.	You give a good overview of what study is, although “sitting in a quiet room with a book” does not necessarily mean that the person is studying! You could consider including revision as part of effective study.
B.	Your explanation of how you should study is very good. It might be helpful to suggest other techniques such as mind maps, or answering questions at the end of chapters. You might consider using bullet points to make your work easier to read.
C.	You have an excellent grasp of what your place of study should be like. You could consider mentioning how important a good light is.
D.	You show clearly that you have understood how a kinaesthetic learner learns.

Commentary for teachers	
<ul style="list-style-type: none"> ▪ Overall the student shows a very good understanding of effective study skills ▪ While the layout could be improved, the content shows a strong grasp of the key points of the lesson. All criteria for success have been met. 	

Feedback for Olivia	
A.	Your answer shows that you understand very well what study actually means.
B.	You show an excellent understanding of how you should study and you have included really good strategies and techniques to help you remember. It might be useful to advise students to make sure to have everything they might need – books, paper, calculator etc.
C.	Your description of your place of study is very good. You could consider suggesting that students leave their mobile phone in another room as it can be very distracting!
D.	Your explanation of how a visual learner studies well is really clear. Well done!

Commentary for teachers	
<ul style="list-style-type: none"> ▪ This student has shown an excellent understanding of the task ▪ Given that she has identified herself as a ‘verbal’ learner’ and that the class consisted of an oral presentation it is not surprising that she so readily grasped the key concepts. 	

Study Skills

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2. sitting in a quiet room with a book
3. its making notes^A

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Sitting alone, have all material with you. So you would not have to get up to get stuff every 2 seconds. You should have little flash cards to record notes on.^B

Place of study? What should it be like?

Quiet, invironment, with a desk and all your books. Have no distractions. Eg: phone, music. There should be a window in the room so you don't feel suffocated.^C

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Transcript of Olivia's work

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