

Module: 6 S1

Study Skills

Boost your Study skills for a better future

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Objectives of the Course

1

Recognise and develop successful college study habits

2

Distinguish differences between high school and college

3

Identify reasons for lack of motivation and develop the motivation needed for college success

4

Recognise and develop successful college study habits



Objectives of the Course

5

Develop strategies to handle stress

6

Distinguish the different learning styles and identify one's best learning style

7

Develop appropriate time management skills

8

Identify critical thinking and develop the critical thinking skills needed in college



Objectives of the Course

9

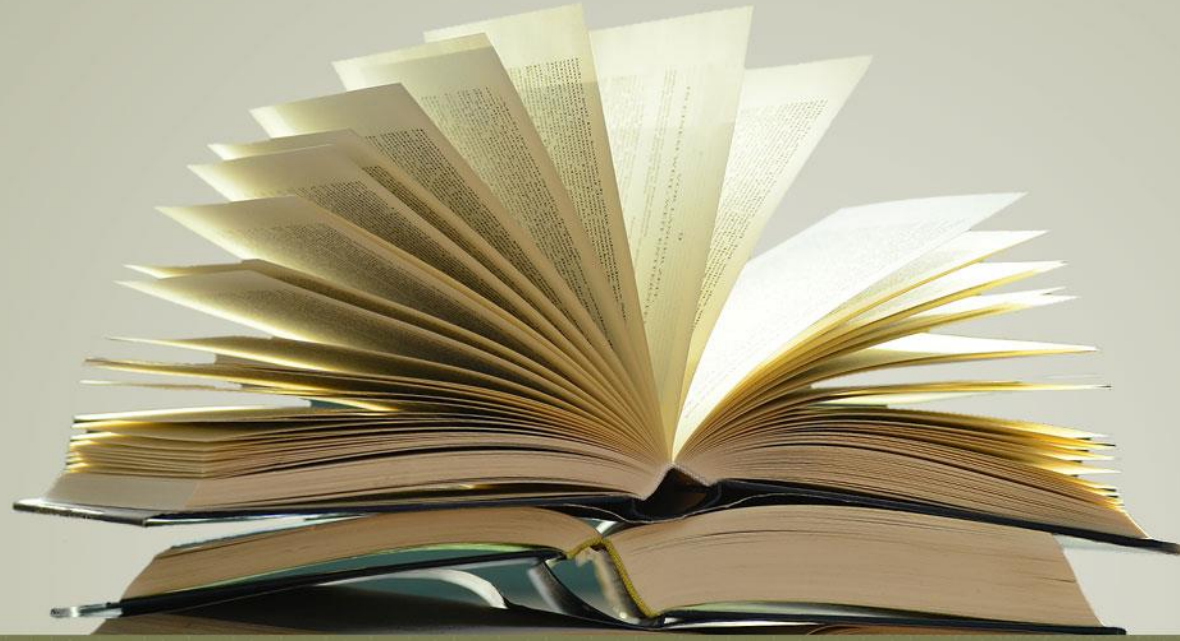
Recognize the reading, writing and test-taking processes and develop one's reading, writing and test-taking skills

10

Distinguish the different note-taking systems and develop adequate note-taking skills

11

Recognize the process of writing the research paper



Welcome!!

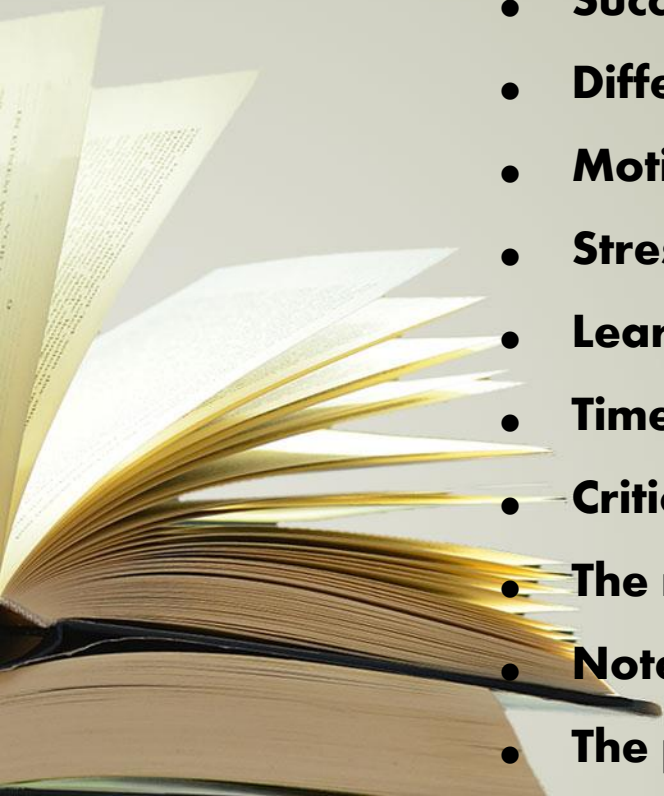
To the course Content

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Course Content

Elements to cover during the course:

- **Successful college study habits**
- **Differences between high school and college**
- **Motivation**
- **Stress management**
- **Learning styles**
- **Time management**
- **Critical thinking**
- **The reading, writing and test-taking processes**
- **Note-taking systems and skills**
- **The process of writing the research paper**



BIBLIOGRAPHY

Chaffee, John. (1999). *The thinker's guide to college success*. Boston: Houghton Mifflin Company. 2nd edition. Jensen, Eric. (1989). *Student success secrets*. NY: Barron's Educational Series. 3rd edition. Nist, Sherrie L. & Jodi Patrick Holschuh. (2003). *College success strategies*. NY: Pearson Education.

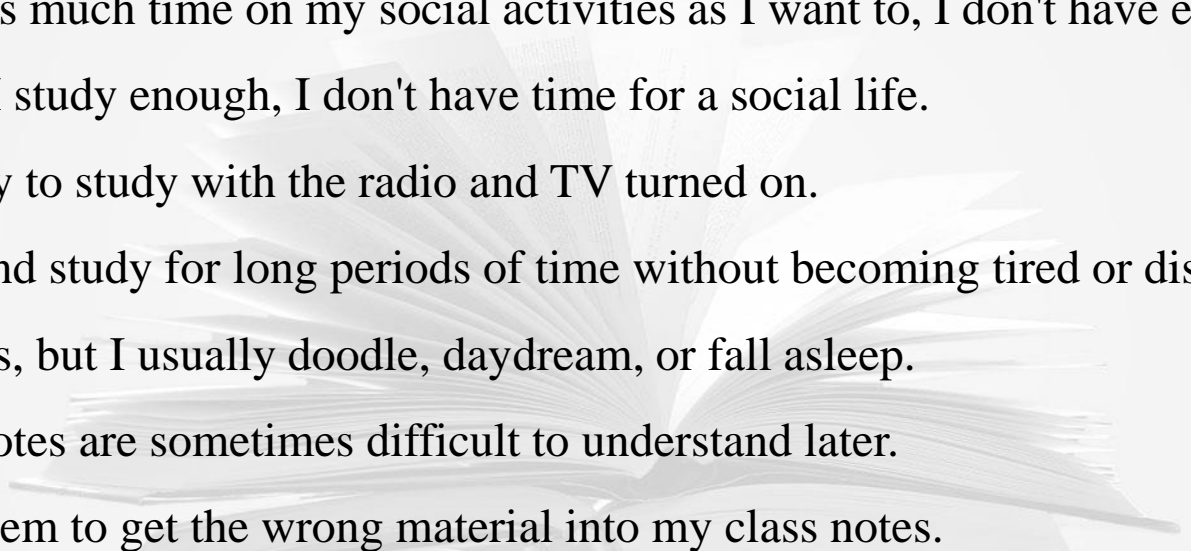
Evaluate your study skills: Study Skills Checklist

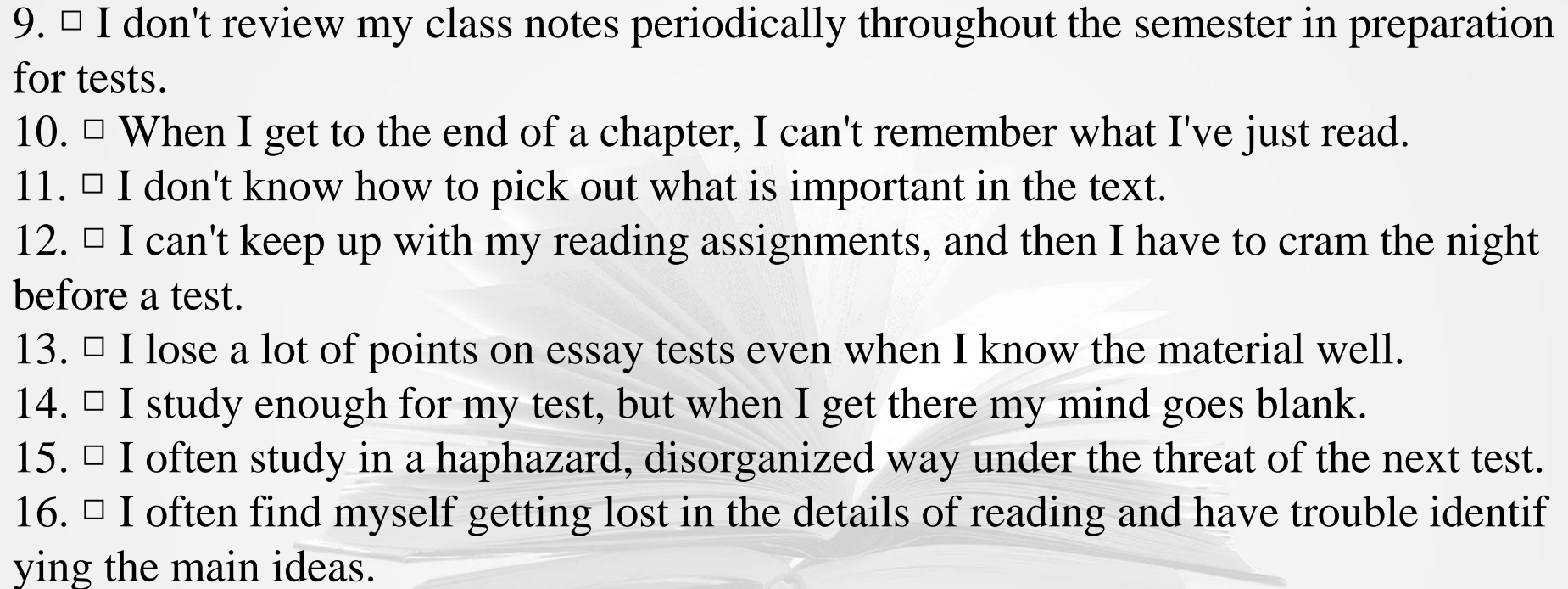
Directions:

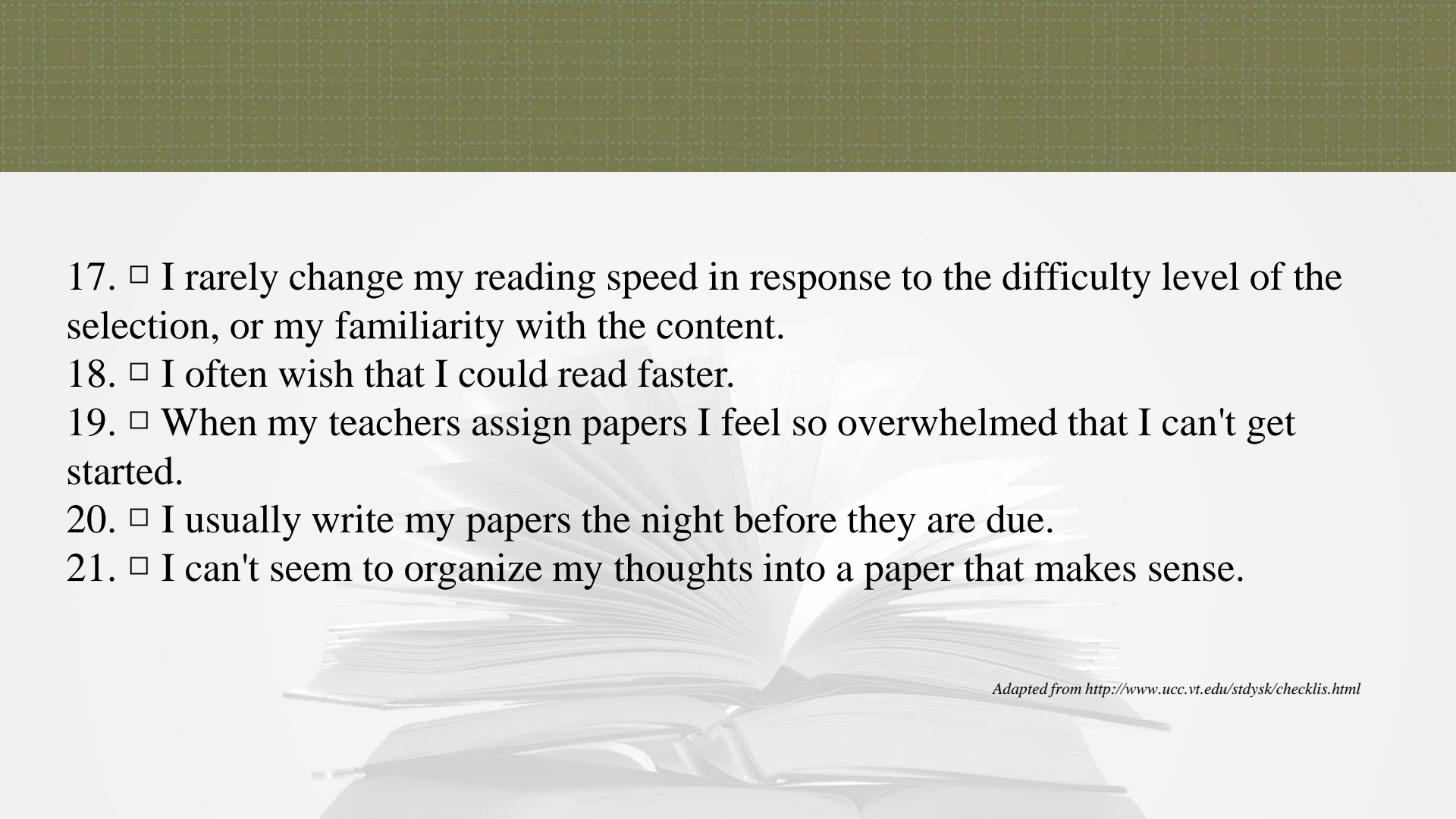
The purpose of this inventory is to find out about your own study habits and attitudes.

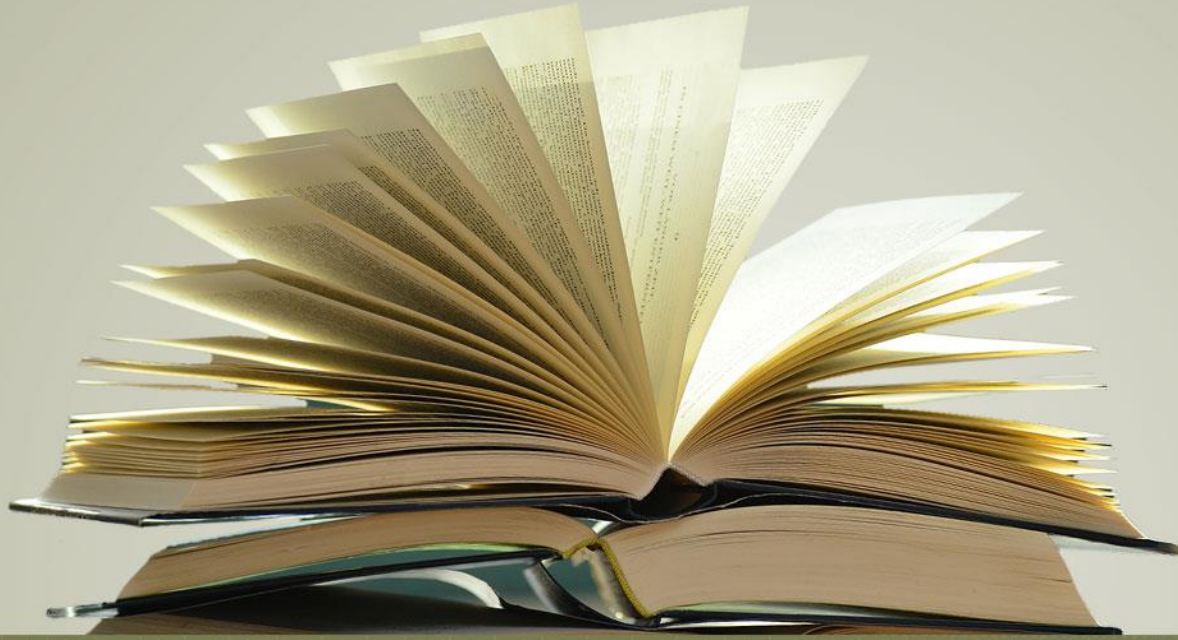
Read each statement below and tick what applies to you.

Take a moment and think about this

1. ☐ I spend too much time studying for what I am learning.
 2. ☐ I usually spend hours cramming the night before an exam.
 3. ☐ If I spend as much time on my social activities as I want to, I don't have enough time left to study, or when I study enough, I don't have time for a social life.
 4. ☐ I usually try to study with the radio and TV turned on.
 5. ☐ I can't sit and study for long periods of time without becoming tired or distracted.
 6. ☐ I go to class, but I usually doodle, daydream, or fall asleep.
 7. ☐ My class notes are sometimes difficult to understand later.
 8. ☐ I usually seem to get the wrong material into my class notes.
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9. ☐ I don't review my class notes periodically throughout the semester in preparation for tests.
10. ☐ When I get to the end of a chapter, I can't remember what I've just read.
11. ☐ I don't know how to pick out what is important in the text.
12. ☐ I can't keep up with my reading assignments, and then I have to cram the night before a test.
13. ☐ I lose a lot of points on essay tests even when I know the material well.
14. ☐ I study enough for my test, but when I get there my mind goes blank.
15. ☐ I often study in a haphazard, disorganized way under the threat of the next test.
16. ☐ I often find myself getting lost in the details of reading and have trouble identifying the main ideas.

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17. ☐ I rarely change my reading speed in response to the difficulty level of the selection, or my familiarity with the content.
18. ☐ I often wish that I could read faster.
19. ☐ When my teachers assign papers I feel so overwhelmed that I can't get started.
20. ☐ I usually write my papers the night before they are due.
21. ☐ I can't seem to organize my thoughts into a paper that makes sense.



Thank you

Study skills – Skills for life

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