

Take your Study Skills to the next level

Pr. Bekou Ali
ali.bekou@uit.ac.ma

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ali.bekou@uit.ac.ma



College Study Habits

What to avoid and what to improve



Pr. Bekou Ali
ali.bekou@uit.ac.ma



Many students who are new to college do not know what it takes to be successful in the college environment. They understand good and bad grades in a general way, and they sense that they should attend classes, but that is where their knowledge begins and ends.

Most instructors know what a good student is - and is not. For one thing, a good student is not necessarily the most intelligent individual in the class.

Characteristics of a good student

The following is a list of some characteristics of good students. This list is a description of what a hard-working student does and what a teacher likes to see. By learning these characteristics, you may better understand the day-to-day and class-to-class behavior of successful students. The idea is to provide you with guidelines you can follow which will help you get down to the business of becoming a serious, successful student.



Suuccessful Students:

- 01 attend classes regularly.**
- 02 take advantage of extra credit opportunities when offered**
- 03 are attentive in class**
- 04 Asks questions**
- 05 turn in assignments that look neat and sharp**
- 06 Take their studies seriously**

Success Strategies for Immediate Use

- ***Believe in yourself.*** Choose success and believe that you will succeed. Your belief will motivate you to study and to be persistent.
- ***Head off stress.*** College can be stressful. Know this in advance and be prepared. Create a schedule you can live with. Adjust working hours accordingly.
- ***Seek support of family.*** Spouses or partners and other family members can help or hinder your success. Let them know how much you need their support.
- ***Look to your peers.*** Make friends right away. Find an ally with whom you can study, share notes, or have a snack and conversation between classes.
- ***Boost up on skills.*** Your reading, writing, and math skills are pre-for many courses. if your skills are rusty, find out what-help is areas are rusty, find out what-help is available and take advantage of it.
- ***Become computer literate.*** Learn how to use a word processor, access online library and research materials, send and receive e-mails. Become familiar with the websites that can help you get the instructions you need.

Active listening in a college class

It is important for you to be a good listener in class. Much of what you will have to learn will be presented verbally by your teachers. Just hearing what your teachers say is not the same as listening to what they say. Listening is a cognitive act that requires you to pay attention and think about and mentally process what you hear.

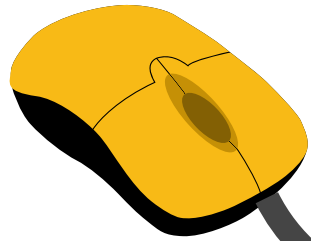
Here are some things you should do to be a good listener in class:

- ***Be cognitively ready to listen.*** Make sure you complete all assigned work and readings. Review your notes from previous class sessions. Think about what you know about the topic that will be covered in class that day.
- ***Be emotionally ready to listen.*** Your attitude is important. Make a conscious choice to find the topic useful and interesting. Be committed to learning all that you can.
- ***Listen with a purpose.*** Identify what you expect and hope to learn from the class session. Listen for these things as your teacher talks.

- ***Listen with an open mind.*** Be receptive to what your teacher says. It is good to question what is said as long as you remain open to points of view other than your own.
- ***Be attentive.*** Focus on what your teacher is saying. Try not to daydream and let your mind wander to other things. It helps to sit in the front and center of the class, and to maintain eye contact with your teacher.
- ***Be an active listener.*** You can think faster than your teacher can speak. Use this to your advantage by evaluating what is being said and trying to anticipate what will be said next. Take good written notes about what your teacher says. While you can think faster than your teacher can speak, you cannot write faster than your teacher can speak. Taking notes requires you to make decisions about what to write, and you have to be an active listener to do this.
- ***Meet the challenge.*** Don't give up and stop listening when you find the information being presented difficult to understand. Listen even more carefully at these times and work hard to understand what is being said. Don't be reluctant to ask questions.
- ***Triumph over the environment.*** The classroom may be too noisy, too hot, too cold, too bright, or too dark. Don't give in to these inconveniences. Stay focused on the big picture - LEARNING.

Successful Study Habits

- **Know yourself**
- **Prepare yourself**
- **Improve your self-image**
- **Use visualisation techniques**
- **Read extensively and intensively**



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- **Attend class regularly**
- **Know your teachers**
- **Schedule your time**
- **Develop concentration**
- **Reduce study stress**
- **Choose an appropriate study area**
- **Study 'bite-sized' chunks**
- **Put balance in your life and make the best of school**



By Naomi Rockler-Gladen,
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Learning how to study successfully in college is a challenge for most students. Because of the many ways that college is different than high school, students have a good deal to learn when it comes to proper study skills.

Here are some of the *most common study skills mistakes* that college students make and *some tips* on how to avoid them.

Poor College Study Habits: 10 Common Study Skills Mistakes that Students Make

- 1. Poor attendance.*** This may be the most common student mistake and the most unavoidable. If you want to succeed in college, you need to be in class all or most of the time. There's no way around that.
- 2. Poor note taking skills.*** Unfortunately, many students come to college without having mastered this critical skill. To be successful as a college student, you need to learn how to read attentively and listen actively in order to take accurate and thorough notes.
- 3. Poor time management skills.*** Many college students are overwhelmed with multiple academic and other responsibilities, so learning to manage your time is essential.
- 4. Last minute work.*** If you write a paper at the last minute, it shows. If you try to do the reading at the last minute for the test that's tomorrow, you're unlikely to do well on the test. Although it may be difficult, do your best to keep up with the work on the syllabus.
- 5. Procrastination.*** Of course, the issue of last minute work is related to procrastination. Learning to stay focused is a skill, especially with so many distractions like the Internet and video games around campus.

6. *Failure to read directions.* If your instructor hands you a detailed description of how to write an assignment, read the description very carefully and follow directions. If you have any questions, ask the instructor, and if he or she goes over the assignment in class, listen carefully and take notes. Otherwise, you'll get a low grade for an assignment you've really worked hard on and this is just because you didn't follow the guidelines.

7. *Over-reliance on other students.* Asking a friend to take notes for you when you're absent is a risk you should only take when absolutely necessary. Study groups can be an effective way to prepare for a test, but only if you conduct them correctly and don't rely on the other students to do all the work.

8. *Over-dependence on the Internet.* The Internet has made student research so much easier than it was a decade ago. Unfortunately, students can over-rely on the Internet and ignore other ways to do research. What's more, you're more likely to encounter inaccuracies on the Internet than in a book or article. When using the Internet, always verify the information you find online by looking at other sources.

9. *Plagiarism.* Plagiarism is still a serious problem on some college campuses. Avoid it by acknowledging the sources of information you use in your papers or essays.



THANK YOU

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