



Week 2: TIPS FOR STUDYING

Think
Positive
TALK
POSITIVE
FEEL
POSITIVE

- **SET STUDY GOALS**

- In addition to the use of a study timetable, set study goals to assist with ensuring you cover all your course material before the examination date.
- Ensure that you provide enough time for more difficult topics. Reminder that some topics might be easily understood by some rather than others. Know your style and pace of studying to create realistic study aims with enough contingency time for unforeseen circumstances (e.g. increased workload, holidays, illness etc.).

- **KNOW YOUR STUDY STYLE**

- There are various styles of learning based on each individual. The main three (3) are: Auditory Learning Style, Visual Learning Style and Tactile/Kinesthetic Learning Style. Based on your style you can develop learning techniques to help you better retain and recall the study material.
- These links can help you determine which category of study style you are:
<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml> or <https://www.how-to-study.com/learning-style-assessment/>

- **USE OF TECHNOLOGY**

- Studying can be fun and interactive with the use of technology. The old method of handwritten notes can still be used but now with the development and ease of access to technology, there are more options for personalizing your study. Various online tools can be used such as: blogs, videos or mobile apps. This website: <https://www.goconqr.com/en-US> and other similar platforms can assist you to individualize your learning.