



**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin



Student Learning Development

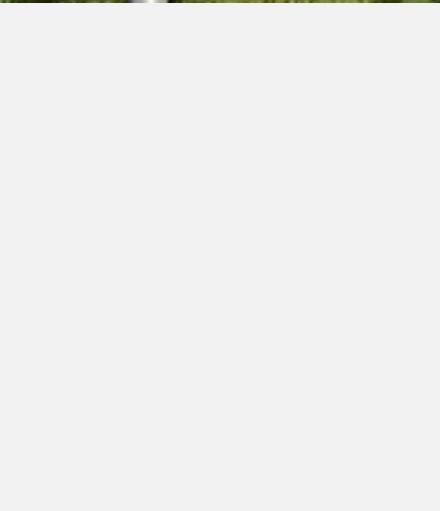
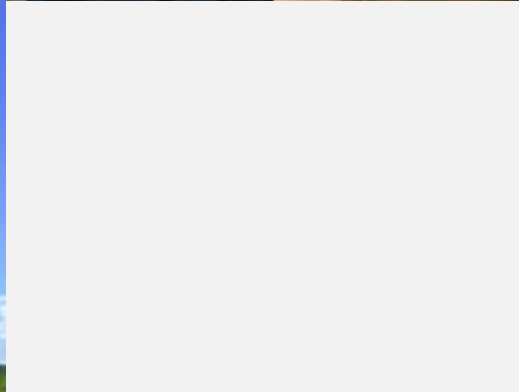
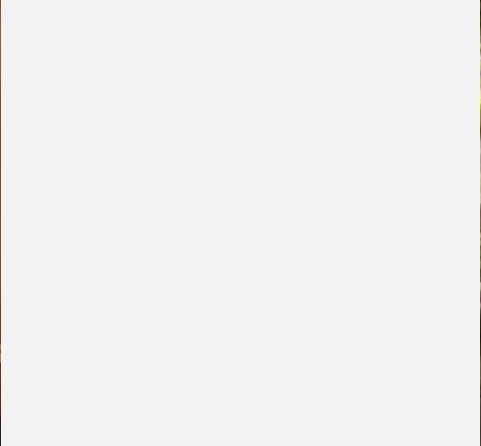
# Academic Skills for Success

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# Which of the following is the MOST important ingredient for successful learning?

1. The intention and desire to learn
2. Paying close attention to the material as you study
3. Learning in a way that matches your personal learning style
4. The time you spend studying
5. What you think about while studying

# How many words or phrases do you remember?



What were two major **differences**  
between the 1<sup>st</sup> and 2<sup>nd</sup> attempts?





1. We knew what the task was
2. We knew how the information was **organised**



# Which of the following is the MOST important ingredient for successful learning?

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2. Paying close attention to the material as you study
3. Learning in a way that matches your personal learning style
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5. What you think about while studying

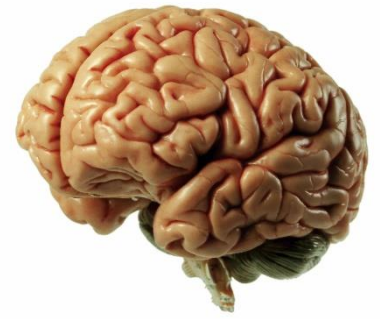
# Metacognition

**The ability to:**

- **think about thinking**
- **awareness of one's level of understanding of a topic**
- **to monitor and control one's mental processing**
- **to be aware of the type of learning that you are doing**



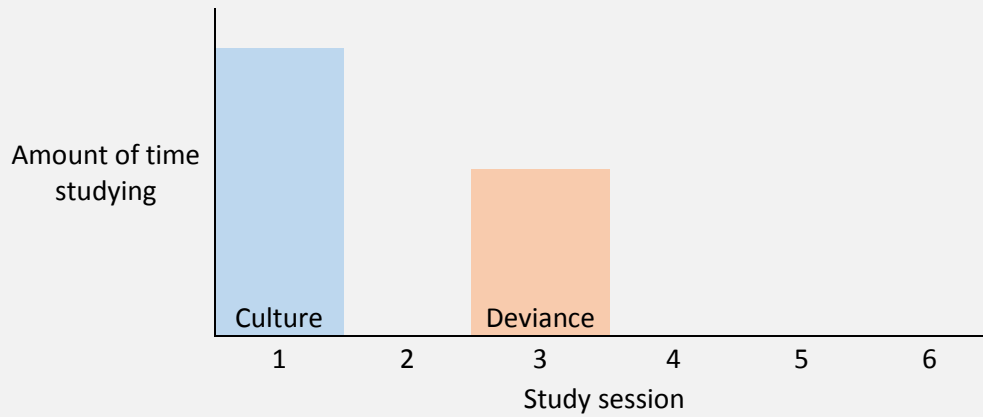
# Effective Learning Strategies



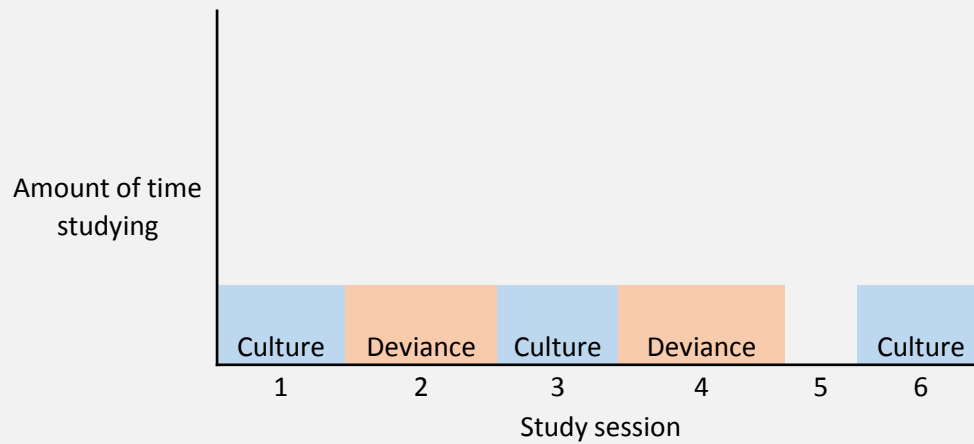
Practice testing

Distributed practice

Massed practice = **X**



Spaced practice = **✓**



# Effective Learning Strategies



Practice testing

Distributed practice

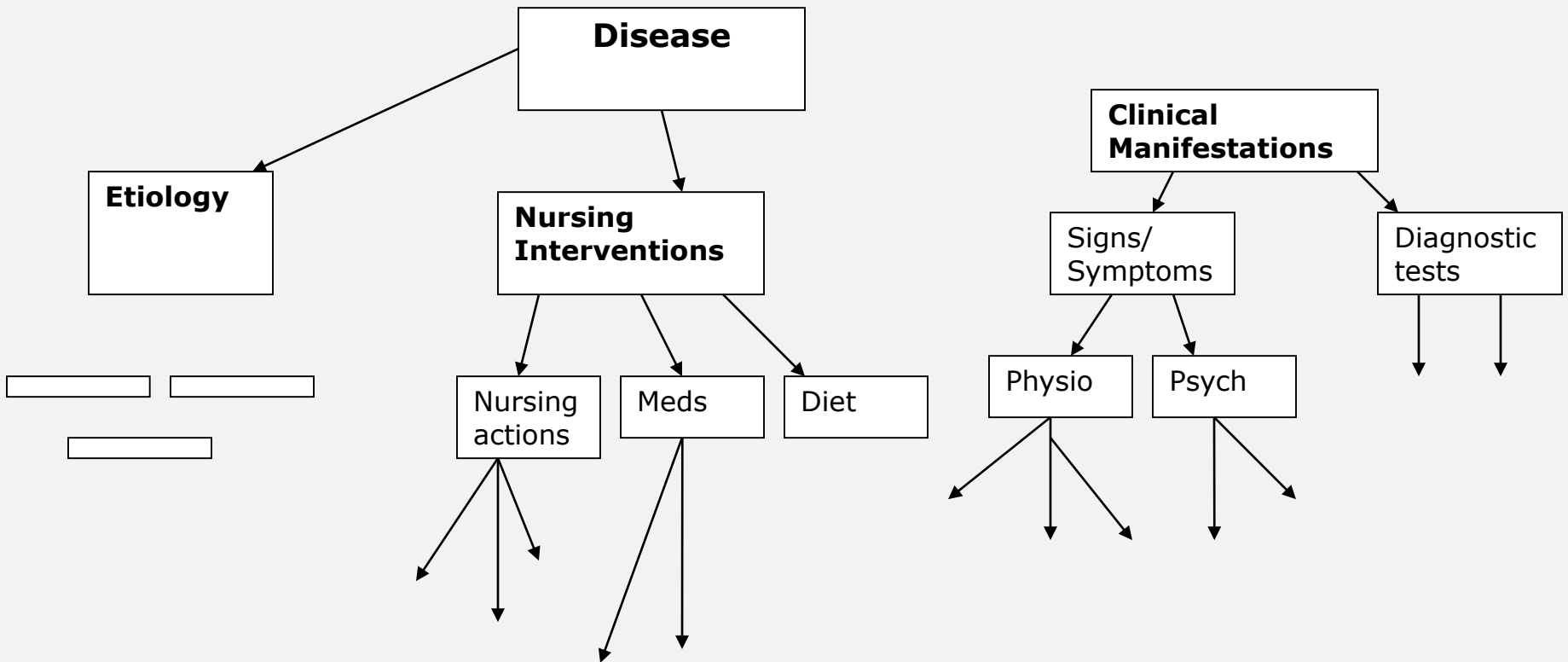
Elaboration

Making associations/personalise

Teaching/explaining

Recognise patterns/Organize info

# Concept Maps



# Managing time and workload

- **Start early**
- **Prioritise**





# Setting Priorities

	High Urgency	Low Urgency
High Importance	<b>1</b> Do it now	<b>2</b> Plan to do it
Low Importance	<b>3</b> Resist giving it high priority	<b>4</b> Time Wasters Busy work

# Managing time and workload

- **Start early**
- Prioritise
- Schedule study sessions

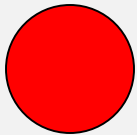


# Mindset

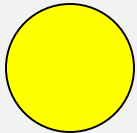
- Effort
- Hard work
- Learning is slow



# Some work for you



Stop doing



Continue doing



Start doing



# Thank you!

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