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\textsuperscript{st} and 2\textsuperscript{nd} 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?

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
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

Amount of time studying

Culture

Deviance

Study session

Spaced practice = ✓

Amount of time studying

Culture

Deviance

Culture

Deviance

Study session
Effective Learning Strategies

- Practice testing
- Distributed practice
- Elaboration
- Making associations/personalise
- Teaching/explaining
- Recognise patterns/Organize info
Concept Maps

Disease

Etiology

Nursing Interventions

Nursing actions

Meds

Diet

Clinical Manifestations

Signs/Symptoms

Physio

Psych

Diagnostic tests
Managing time and workload

- Start early
- Prioritise
<table>
<thead>
<tr>
<th>High Importance</th>
<th>Low Importance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>High Urgency</strong></td>
<td><strong>Low Urgency</strong></td>
</tr>
<tr>
<td>1 Do it now</td>
<td>2 Plan to do it</td>
</tr>
<tr>
<td>3 Resist giving it high priority</td>
<td>4 Time Wasters Busy work</td>
</tr>
</tbody>
</table>
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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