Learning Objectives
• Learn active, deep processing strategies
• Explore the different purposes for study tasks
• Learn about active reading and note-making
• Practise using learning strategies

TIME MANAGEMENT IS KEY!

You can't cover everything – what is relevant?
Plan in advance – have a strategy
An example timetable

<table>
<thead>
<tr>
<th>Monday</th>
<th>Before 9:00</th>
<th>9:00-11:00</th>
<th>11:00-13:00</th>
<th>14:00-15:00</th>
<th>15:00-17:00</th>
<th>After 19:00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lect</td>
<td>Lecture: Myth</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Keep free</td>
<td>Seminar: Myth</td>
<td>Independent study</td>
</tr>
<tr>
<td>Lab</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Keep free</td>
<td>Independent study</td>
</tr>
<tr>
<td>Wed</td>
<td>Lecture: Rome</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>Thu</td>
<td>Lecture: Myth</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>Fri</td>
<td>Lecture: Rome</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Independent study</td>
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</tr>
</tbody>
</table>

September 2019

What's the problem with this statement?
SMART Goal Setting

- S = Specific
- M = Measurable
- A = Achievable
- R = Relevant
- T = Time-based

Setting Priorities

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

ACTIVE LEARNING
Up to you to make college:
- interesting
- active

Active studying means

1. Working with the material to try to build understanding
2. Find a way process the information in a deep and meaningful way
3. Make your study more alive

Active Learning

Teach someone
Say it out loud
Make associations
Visualise
Set up a Study Group
Get to Know Staff
See your subject everywhere
Active Note-taking
Read lecture notes in advance if available
Engage in Seminars
How?

Have a framework
– Think about the purpose of the study task
– Consider the best way to approach it
– Reflect and review

PSR
– Purpose – why?
– Strategy – how?
– Review – check!

Good Reading is like Interrogation – what is the purpose, why are you reading? What are you looking for?

Get reading – actively!

Purpose
• Strategies to suit:
  – Surveying/Skimming
  – Scanning
  – In-depth/close
  – SQ3R (Survey, question, read, recite, review)
  – Note making
  – Understanding or memorising?
Get Thinking - Reading

1. Ask questions
2. What is the point of view of author?
3. Evaluate evidence
4. Form opinions

Memorising

- Rhymes/songs adapted
- Associations –
- Acronyms - SMART
- Imagery – your body’s muscles
- Categorising – smaller groupings
- Creative sentences – two old angels skipped over heaven carrying a harp

Ebbinghaus Forgetting Curve

Schedule Time for Reviews
Reading List

• You can’t cover 100% of the course, and the content is more difficult, requires time to understand.
• Have to be smart about what to cover

Being Selective

• Ask lectures/tutors what is most relevant
• Be alert for hints and clues
• Ask fellow students
• Ask students in years ahead
• Share reading
• Preview or skim before in-depth reading
Taking Notes

Copying – doesn’t activate your brain

What to take notes on in Lectures
- Big Picture, Main Points
- Premises or Hypothesis
- Sources, arguments
- Theories or concepts
- What is the lecturer emphasising
- Don’t need to take down every word
- Note any ideas that come to you

*Date/number pages/lecturer’s name/module*
Notes from text

• Read text to understand
• Put text away
• Write summary/main points of text
• Ensure formulae/dates etc are exact
• Check notes against text
• Write reference of the text you’re using

Notes

Source → Your Summary Notes → Review Notes → Exams or Essays

Types of Notes

1. Prose or summary
2. Outline or skeleton
3. Mind or concept maps
4. Cornell or 2 Column

How do you take notes?
Summary

Because $e^x$ returns values between $0$ and $\infty$, the formula $\ln(x) = \frac{1}{e^{\ln(x)}}$ only works if $x > 0$. This conversion procedure is easy if $x > 0$, and is not of concern elsewhere.

2. When $u = \ln(y)$, then $\frac{dy}{dx}$ is $\frac{dy}{du} \cdot \frac{du}{dx}$. In order to apply the chain rule, we need $\frac{du}{dx}$.

Consider the case $u = 2x$.

As $x$ approaches $0$, $u \rightarrow -\frac{\ln(2)}{2}$, $\frac{du}{dx} \rightarrow 0$, so $u \rightarrow -\infty$.

If we approach the above, $u \rightarrow -\frac{\ln(2)}{2}$, $\frac{du}{dx}$ is discontinuous. Similarly in the other examples, the derivative $\frac{du}{dx}$ is discontinuous, which means that $\frac{dy}{du}$ can be discontinuous when $u = k\ln(x)$, which agrees with the proof provided. $\frac{dy}{du}$ is $\frac{2}{\ln(2)}$.

Outline

1. The art of reading activities
   1. Annotate your textbook readings.
   2. Look for Strategy Ideas.
   3. Find captions to read more quickly over.
   4. Look for important details.
   5. Check the index for important details.
   6. Write the main ideas and important details.
   7. Write the main points.
   8. Write the main findings.
   9. Write the main conclusions.

Concept Maps

[Diagram of concept map]
### Types of Matter

<table>
<thead>
<tr>
<th>Solids</th>
<th>Liquids</th>
</tr>
</thead>
<tbody>
<tr>
<td>- have a definite shape</td>
<td>- do not have a shape</td>
</tr>
<tr>
<td>- have a definite volume</td>
<td>- have a volume</td>
</tr>
</tbody>
</table>

#### What We Offer Postgrads:

1. General Academic Workshops
2. Departmental Workshops
3. PhD Module (Hilary Term)
4. Postgrad ‘Summer school’
5. One-to-one Consultations
6. E-Learning Portal
GENERAL WORKSHOPS:

- Planning and Managing Your PhD
- Approaches to Literature Reviewing
- Developing Critical Writing
- Stress Management
- Developing Arguments in Your Writing
- Time Management
- Overcoming Procrastination
- Critical Reading and Note-taking
- Critical Thinking
- Viva Preparation
- Presentation Skills