

Effective Study Habits and Self Regulation

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Outline

- Effective Study Habits
- Studying Smartly
- Effective Reading Strategies
- Self Regulation

Effective Study Habits

- **Attend class**
- Attend class **on time**
- Attend class on time and **sit in the front row**

Effective Study Habits

- **Do your assignments**
- Do your assignments **when assigned**, not when due
- Do your assignments when assigned and **do them well**

Effective Study Habits

- **Sleep well**
- Sleep well and **eat well**
- Sleep well and eat well and **exercise**

Effective Study Habits

- **Read**
- Read **assigned materials** that support what is covered in lecture
- Read assigned materials and **unassigned materials** that support what is covered in lecture

Effective Study Habits

- **Study**
- Study **smartly**
- Study smartly and **consistently**
- Study smartly and consistently **in short periods of time**

Studying Smartly

- *"It is quality rather than quantity that matters."*
Seneca
- Learn what was covered in each lecture before the next lecture
- **KNOW** what you are studying – do not just **RECOGNIZE** it
- Over-learn by studying even when you think you know the material
- Give yourselves practice examinations throughout the term

Studying Smartly: During Lecture

- Record the main points of a lecture, NOT word-for-word from the lecturer
 - Highlight key points (points the lecturer emphasized or frequently repeated) with star or underline

Studying Smartly: Immediately After Lecture

- Review your notes
 - Fill in points that were missed during lecture
 - Note information you do not understand
 - Follow up by getting clarification from coursemates or lecturer
 - Rewrite the notes if necessary

Studying Smartly: Within a Day or Two of Lecture

- Review notes and identify the three or four most important points
- Study to understand these points by the next lecture so you could answer an exam question

Studying Smartly: Night before next Lecture

- Give yourself a test over the previous week's lecture
- Read the textbook/readings/notes for the next topic

Studying Smartly

	Activity
Evening after class	Review notes, Revise and/or Rewrite Note unclear topics for clarification
Days 1-3	Learn 3 to 4 key topics
Days 4-5	Read next week's assigned reading
Day 6	Test yourself over previous lecture Review reading for next day

Effective Reading Strategies RCRC

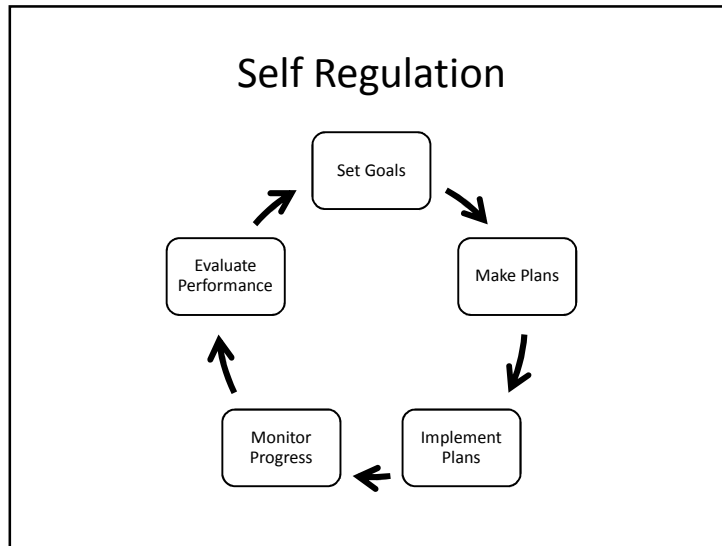
- **Read** the material twice
- **Cover** the material with your hand
- **Recite** by summarizing what has been read without looking at the notes
- **Check** whether the summary is accurate by comparing it to the notes

Effective Reading Strategies SQ3R

- **Survey:** Survey your notes or chapter to find the key points.
- **Question:** Turn the key points (or textbook chapter headings) into questions.
- **Read:** Carefully read to find the answers to the questions.
- **Recite:** Recite the answers to the questions without looking
- **Review:** Review your answer with the notes.
 - If your answer is not correct, reread until the answer is clear.

SQ3R Example

- **Survey:** the Slides on Studying Smartly
- **Question:** What are effective study habits?
- **Read:** the Slides to find the answer.
- **Recite:** your answer to *What are effective study habits?*
- **Review:** Is your answer correct? If not, Re-Read



Self Regulation: Set Goals

- Types of Goals
 - Life Goals
 - Post-Graduation Goals
 - University Goals
 - Goals for the Term
 - Goals for the Week
 - Goals for the Day
- From your goals, set priorities
 - Determine the most important activities to focus your energy and time during university

Which is the more effective goal?

Goal #1
I will run a mile, and do my best to run as quickly as possible.

Goal #2
I will run a mile in 7 minutes.

Goal #2 is more effective because it is **specific.**

Which is the more effective goal?

Goal #3
I will run a in 5 minutes.

Goal #4
I will run a mile in 7 minutes.

Goal #3 is more effective because it is **difficult.**

Get It Right: Set Goals

- The best goals are specific, moderately difficult, and likely to be reached in the near future.
 - **Specific:** Definite outcome
 - **Moderately difficult:** 50% chance of failure
 - **Near Future:** Short-term goals

TRUE OR FALSE?

THE MOST
IMPORTANT THING
ABOUT GOALS IS ...

having one



FALSE!

To achieve a goal, you need a **PLAN** about how to accomplish it.

Self Regulation

- Make Plans
 - Two parts:
 - **When, how, where**, and for **how long** will you work to meet your goal?
 - Identify the challenges that can prevent you from achieving your goals **and** how you will overcome those challenges.
- Implement Plans
 - Just Do It!

Self Regulation: Monitor Progress to Goals

- At the end of every month, ask yourself how far you are in accomplishing your goals.
 - Are you following your plan? Why or why not?
 - Is your plan working? Why or why not?
 - If it is not working, how can you adjust your plan to make it work?

Self Regulation: Evaluate Your Performance

- After exams, evaluate whether you met your semester goals
 - Were you successful in meeting your goals?
 - If Yes: What made you successful
 - If No: What made you not successful?
 - NOTE: Only identify factors that you have control over
 - What can you change next term to be more successful?

Conclusion

- *Ill-gotten treasures are of no value, but righteousness delivers from death* (Proverbs 10:2)
- *The man of integrity walks securely, but he who takes crooked paths will be found out* (Proverbs 10:9)
- Be completely honest and upright in your education
 - Absolutely **NO** exam malpractice or other dishonest practices.
- God has provided you with everything you need to fulfill the works that he prepared in advance for you
 - You will need hard work and perseverance to achieve God's purposes, but **NEVER** dishonesty.

Key References

- General study tips:
 - [http://www.ucc.vt.edu/academic support students/study skills information/](http://www.ucc.vt.edu/academic_support_students/study_skills_information/)
- Ultimate Guide to Becoming a Better Student
 - <http://i.allschoolguide.com/article/ultimate-guide-becoming-better-student>
- www.KorbEdPsych.com