

# EFFECTIVE LEARNING SKILLS



Counselling  
Services



## Effective Learning Skills

# Being a Strategic Student

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- **Attitude:** know what you want and have a plan
- **Relationships with teachers:** What do they want?
- **Working towards marks:** Course outline
- **Resources:** Sheridan, Internet
- **LEARNING SKILLS**

## Effective Learning Skills

# Use Learning Skills!

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**FINISHED FILES ARE THE  
RESULT OF YEARS OF SCIENTIFIC  
STUDY COMBINED WITH THE  
EXPERIENCE OF YEARS.**

## Effective Learning Skills

# What Learning Skills do I Need?

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1.

6.

2.

7.

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5.

10.

## Effective Learning Skills

# What Learning Skills do I Need?

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1. Time management

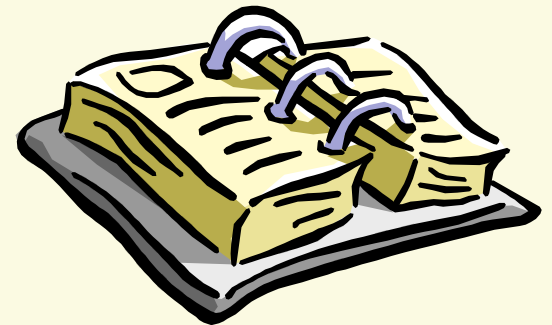
## Effective Learning Skills

# Scheduling Exercise

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Keys to effective time management:

- prioritizing
- using your most efficient time of the day
- chunking study time into bite-sized pieces
- time distribution based on difficulty of courses
- taking breaks



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8-9am							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
Etc.							

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8-9am							
9-10	Class		Class				
10-11		Class		Class			
11-12							
12-1							
1-2	Class		Class				
2-3				Class	Class		
3-4							
4-5							
5-6							
6-7							
Etc.							

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8-9am							
9-10	Class		Class				
10-11		Class		Class			
11-12							
12-1							
1-2	Class		Class				
2-3				Class	Class		
3-4							
4-5							
5-6					Work	Work	
6-7							
Etc.							

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8-9am							
9-10	Class	Gym	Class	Gym			
10-11		Class		Class			
11-12							
12-1							
1-2	Class		Class		Gym		
2-3				Class	Class		
3-4							
4-5							
5-6					Work	Work	B-ball
6-7							B-ball
Etc.			TV	TV			

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8-9am	B-fast	B-fast	B-fast	B-fast			
9-10	Class	Gym	Class	Gym	B-fast	B-fast	B-fast
10-11		Class		Class			
11-12							
12-1	Lunch	Lunch	Lunch		Lunch	Lunch	Lunch
1-2	Class		Class	Lunch	Gym		
2-3				Class	Class		
3-4							
4-5							
5-6					Work	Work	B-ball
6-7							B-ball
Etc.							

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8-9am	B-fast	B-fast	B-fast	B-fast			
9-10	Class	Gym	Class	Gym	B-fast	B-fast	B-fast
10-11		Class		Class		Study	Study
11-12			Review			Study	Study
12-1	Lunch	Lunch	Lunch		Lunch	Lunch	Lunch
1-2	Class	Review	Class	Lunch	Gym	Study	Study
2-3		Study		Class	Class		
3-4			Review				
4-5	Review	Study	Study	Review	Review		
5-6	Study			Study	Work	Work	B-ball
6-7							B-ball
Etc.		TV		TV			

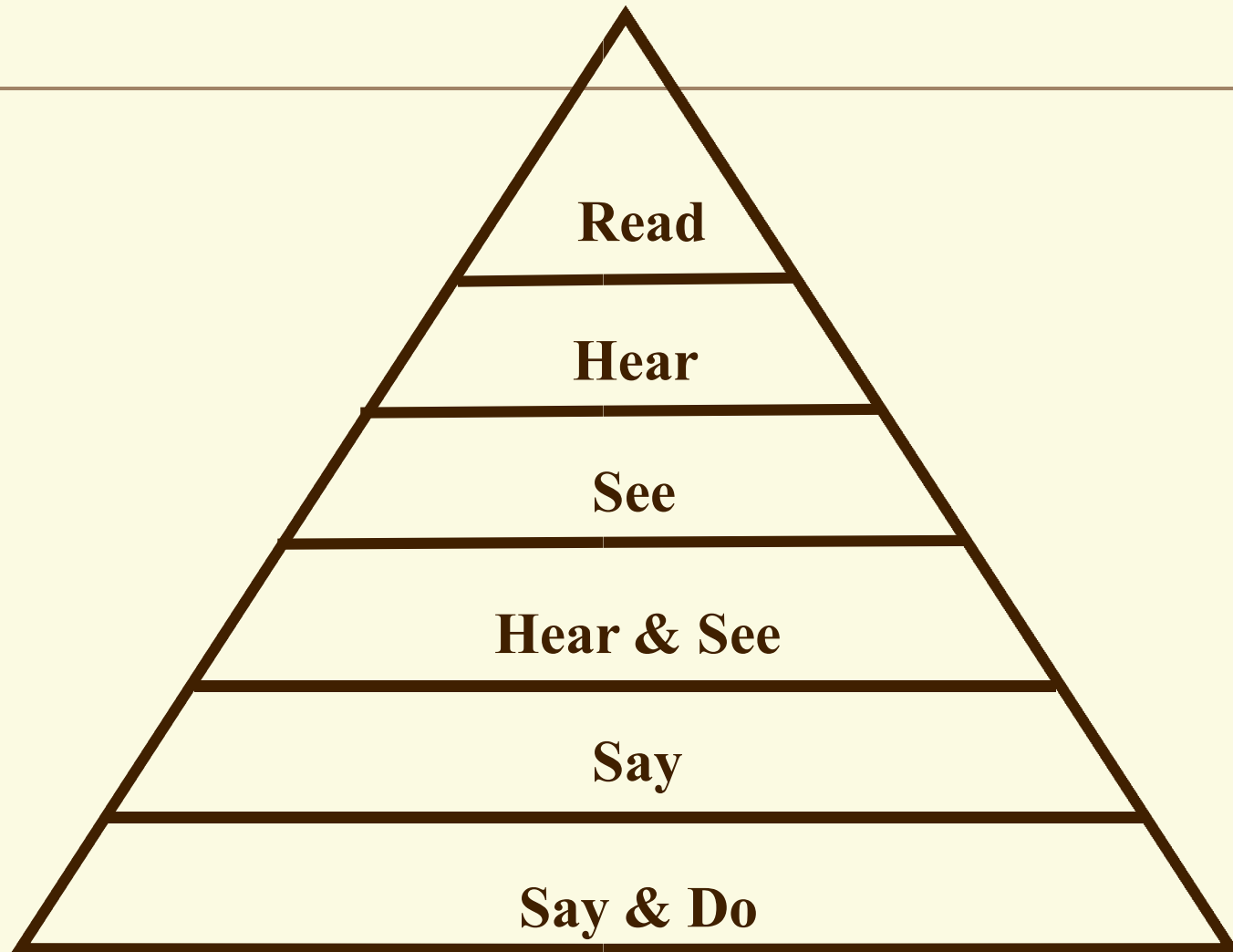
## Effective Learning Skills

# What Learning Skills do I Need?

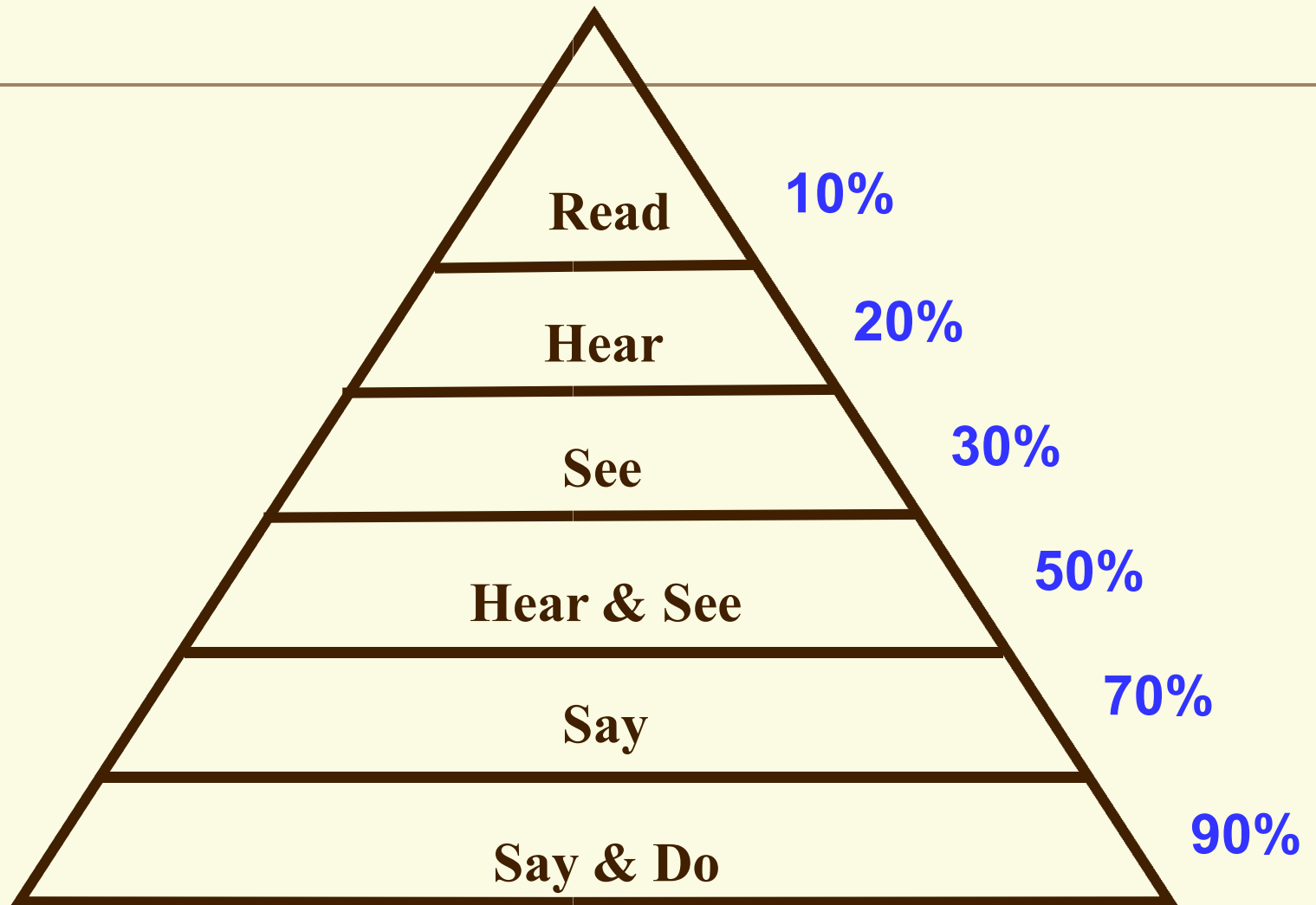
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1. Time management
2. Active learning

## Effective Learning Skills



## Effective Learning Skills

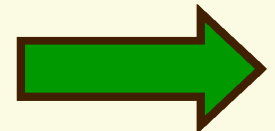
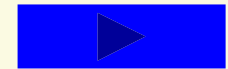


## Effective Learning Skills

Become more **ACTIVE** in the studying process:

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- Ask questions
- Think about the meaning of what you're studying  
(understand the big picture)
- Identify & understand the important ideas
- Summarize information
- Make connections
- Write notes
- Anticipate the next points
- Use a variety of learning styles
- Think of applications for the information
- Recall vs. recognition
- Teach someone else
- Participate in a study group

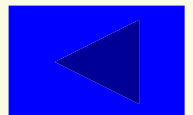


## Effective Learning Skills

# Why focus on the big picture?

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A newspaper is better than a magazine, and on a seashore is a better place than a street. At first it is better to run than to walk. Also, you may have to try several times. It takes some skill but it's easy to learn. Even young children can enjoy it. Once successful, complications are minimal. Birds seldom get too close. One needs lots of room. Rain soaks in very fast. Too many people doing the same thing can also cause problems. If there are no complications, it can be very peaceful. A rock will serve as an anchor. If things break loose from it, however, you will not get a second chance.



## **Effective Learning Skills**

# **What Learning Skills do I Need?**

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- 1. Time management**
- 2. Active learning**
- 3. Textbook reading**

## Effective Learning Skills

# Tackling Textbooks using SQ3R

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### → Step 1: **Survey**

- Overview the Table of Contents, Introduction and Index
- Survey the assigned Chapter. Look at the title, topic headings, graphics, length. Skim the intro and Chapter summary.

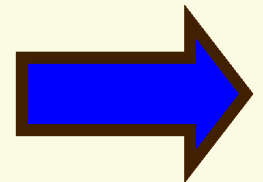
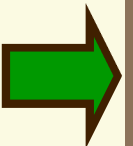
### → Step 2: **Question**

- Change the Chapter headings into questions. Then as you read, find answers. Get involved with the material.

### → Step 3: **Read** - one section at a time. Highlight, underline etc.

### → Step 4: **Recite** – back the info to yourself after each section

### → Step 5: **Review** – frequently!

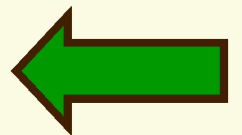
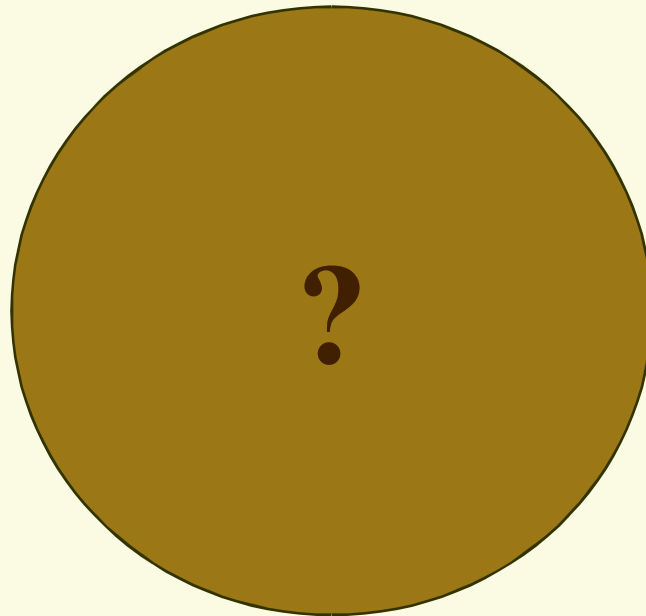


## Effective Learning Skills

### Why Recite / Recall?

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What does a penny look like?



## **Effective Learning Skills**

# **What Learning Skills do I Need?**

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- 1. Time management**
- 2. Active learning**
- 3. Textbook reading**
- 4. Note-taking**

## Effective Learning Skills

# Effective Note-taking -The 5 “R”s

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### **Record**

During the lecture, record in the main column as many meaningful facts and ideas as you can. Write legibly but use abbreviations.

### **Reduce**

As soon after as possible, use a wide margin at the left of your page to summarize facts and ideas concisely

### **Recite**

Say over the facts and ideas of the class as fully as you can, not mechanically, but in your own words. Then, verify what you have said.

### **Reflect**

Draw out opinions from your notes and use them as a starting point for reflections on the content and how it relates to the whole course.

### **Review**

Spend 15 minutes every week in quick review of your notes, and you will retain most of what you have learned.

## Effective Learning Skills

# What Learning Skills do I Need?

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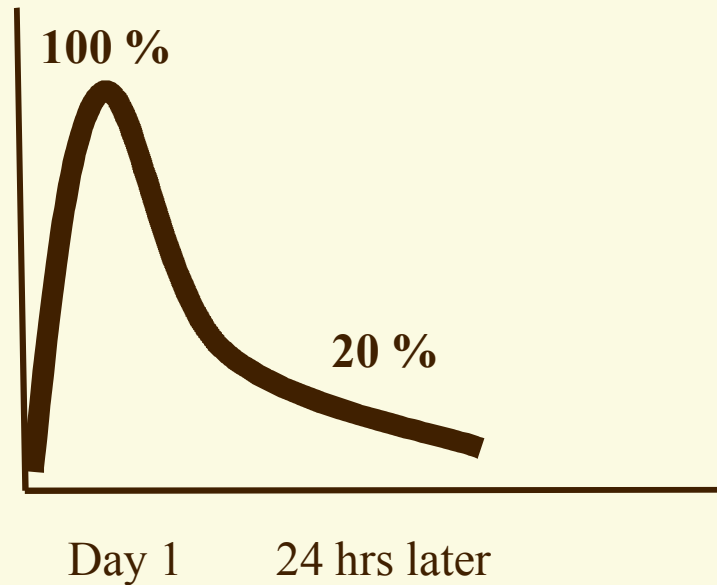
1. Time management
2. Active learning
3. Textbook reading
4. Note-taking
5. Reviewing

## Effective Learning Skills

# Why Review?

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- Retention over 24 hours **without** review

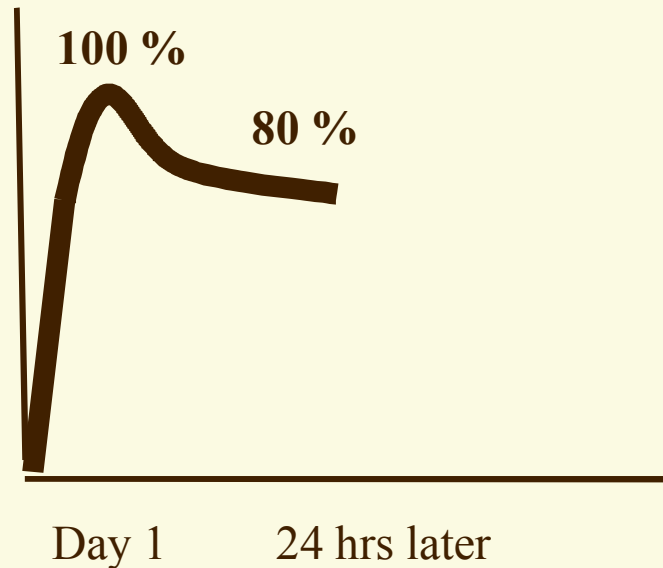


## Effective Learning Skills

# Why Review?

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- Retention over 24 hours **with review**



## Effective Learning Skills

# What Learning Skills do I Need?

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1. Time management
2. Active learning
3. Textbook reading
4. Note-taking
5. Reviewing
6. Memorizing

## Effective Learning Skills

# Memory Strategies

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Remember the number:

3.14159214156535897932384

## Effective Learning Skills

# Mnemonics

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- Imagine 3 people sitting at a small round table (decimal pt)
- Teenagers are 14 and 15 and old man is 92
- 14 y/o is jealous of 15 because he can take driving lessons now
- a 6 pack of soda is on the table, they all split one so there are 5 cans left
- the youngest brags that he can drink 3 all by himself; older one says that's nothing, he can drink all 5.
- Then the old man says I can do better, drink all together 8 cans!
- Teens are embarrassed and suggest they turn on basketball. The score is 97 to 93 with only 2 min and 38 seconds to go. Imagine that a 4 pt lead with only a couple of seconds to go!

## **Study the List Below**

**Cat Jupiter New York Saturn Superior  
June Pluto turtle lettuce Pennsylvania  
eagle tomato Indiana donkey  
April shark milk Huron butterfly  
Mars bread Earth Ontario  
Rabbit Uranus Texas lion Venus elephant  
Mercury Tennessee Erie November  
September Neptune Michigan**

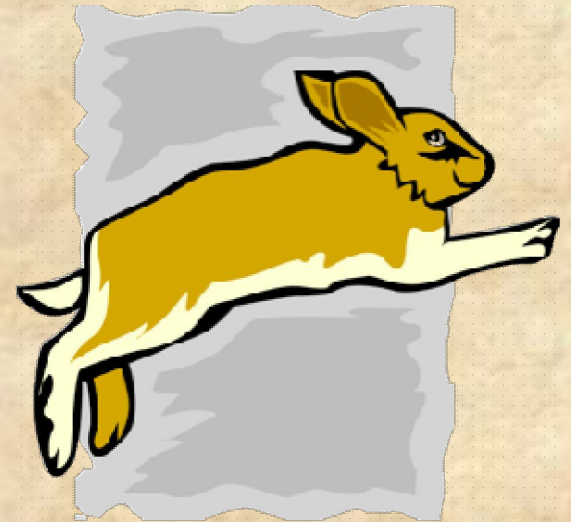
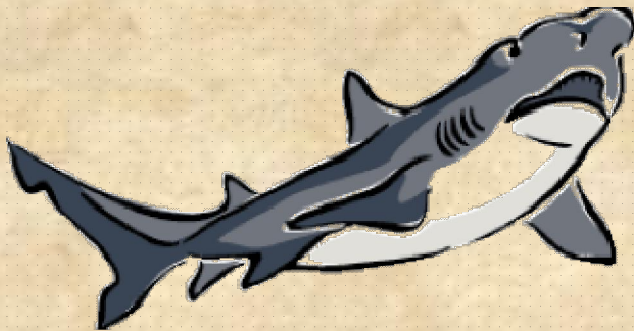
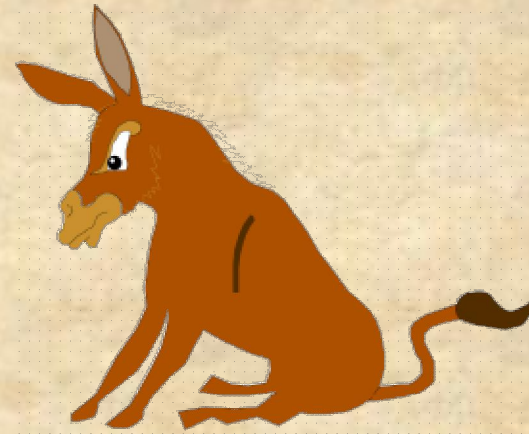
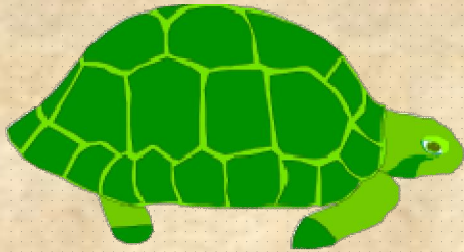
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A spiral-bound notebook with a light brown, textured cover. The spiral binding is on the left side. The text is centered on the cover in a bold, brown font.

**Animals**  
**Great lakes states**  
**Grocery items**  
**Planets**

# Visualize



# Acronyms

## The Great Lakes = HOMES

H = Huron

O = Ontario

M = Michigan

E = Erie

S = Superior



# Memory-Sentence

My

Very

Elegant

Mother

Just

Served

Us

Nine

Pizzas



Mars

Venus

Earth

Mercury

Jupiter

Saturn

Uranus

Neptune

Pluto



## Effective Learning Skills

# What Learning Skills do I Need?

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1. Time management
2. Active learning
3. Textbook reading
4. Note-taking
5. Reviewing
6. Memorizing
7. Writing tests and exams

## Effective Learning Skills

# Multiple Choice Tests

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1. Cover answers and read instructions and questions carefully (highlight, circle, underline, put in your own words)
2. Predict answer (write in column)
3. Look at answers and eliminate distracters
4. Read over question and answer

# Timed Aptitude Test

*Note: This is timed. You will have just 2 minutes to complete the test.*

## Can You Follow Directions ?

- 1. Read everything carefully before doing anything**
- 2. Write your last name in the upper left-hand corner of this sheet**
- 3. Draw a circle around the word name in the second sentence**
- 4. Draw five small squares in the upper right-hand corner of this sheet**
- 5. Place an X in each square made in number 4**
- 6. Call out your first name when you read this sentence**
- 7. Print yes after the title at the top of this sheet**
- 8. Mark an X in the lower left-hand corner of this sheet**
- 9. Draw a circle completely around the sentence in number 7**
- 10. Multiply 70 by 61 on the back of this sheet**
- 11. Call out “I have” if you think you have followed all directions to this point.**
- 12. Circle all even numbers on this sheet.**
- 13. Write the numbers 1 to 10 in reverse order on the bottom of this page.**
- 14. Draw a square around each number that is written on this page.**
- 15. Follow just the directions given in items 1 and 2.**

## Effective Learning Skills

# What Learning Skills do I Need?

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1. Time management
2. Active learning
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5. Reviewing
6. Memorizing
7. Writing tests and exams
8. Tricks e.g. 10 minute rule

# 10 Minute Rule



## Effective Learning Skills

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8. Tricks e.g. 10 minute rule
9. Avoid distractions

## Effective Learning Skills

# Time Robbers

E-mail, MSN Facebook	T.V.	Phone calls, cell phone always on
Internet surfing Computer games	What are your time robbers???	Working out (too much) and sports
Sleep	Snacks, cigarettes	Noisy roommates

## Effective Learning Skills

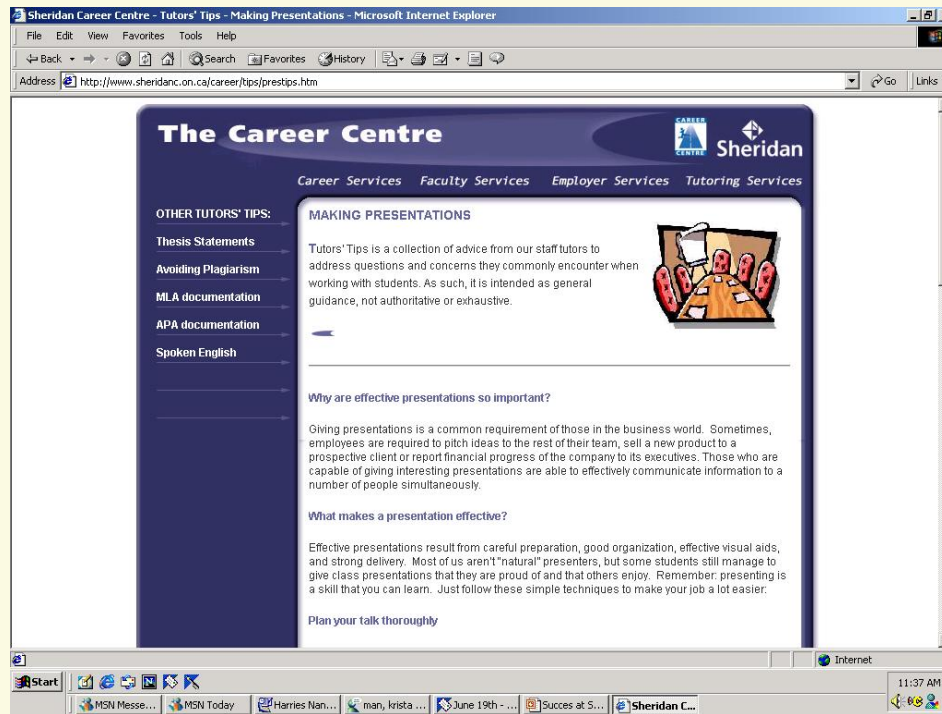
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7. Writing tests and exams
8. Tricks e.g. 10 minute rule
9. Avoid distractions
10. Knowing Sheridan and Internet resources

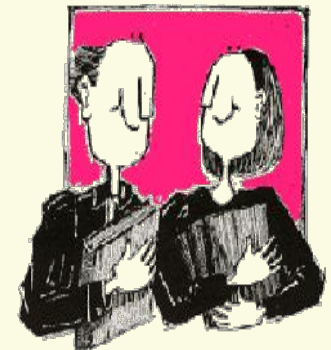
## Effective Learning Skills

# Sheridan Website Resources



## Studying Tips

- Motivation
- Time Management
- Concentration
- Improving Learning & Memory
- Classroom Notemaking
- Textbook Reading
- Preparing for Tests
- Test Writing
- Test Anxiety



## Effective Learning Skills

# Internet Study Skills Help

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### → On-line

**supports:** <http://www.brocku.ca/sdc/learning/studywrite/>  
<http://owl.english.purdue.edu/>  
<http://www.ryerson.ca/counselling/htmdocs/tips/mature.htm>  
[www.brocku.ca/library/ref.htm](http://www.brocku.ca/library/ref.htm)  
<http://www.sdc.uwo.ca/learning/topics.html>

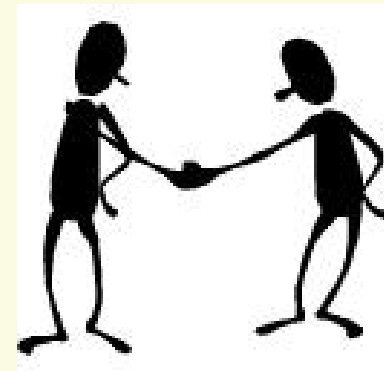
### → The Career Centre - Tutoring

– English/Math/Peer Tutoring

### → Solution–Focused Counselling

### → Disabilities Services

### → Faculty



## Effective Learning Skills

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## Effective Learning Skills

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What's **1** Learning skill you  
will work on today?