Effective Learning and Study Skills

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Program (Effective Learning and Study Skills)

- Time management assignment
- About study skills
- Wellbeing in studies
- The most effective study technique
- Being productive
- Time management assignment - again
Assignment on time management

The exercise concentrates on time management skills. The assignment consists of
(1) a lecture on Effective learning and study skills
(2) reading the article "Manage your energy, not your time"
(3) following how you plan and use your time during a period of three weeks and
(4) writing a report of your observations.
Study skills – what are they?

All skills that enable you to perform well at the university.

Being a successful university student is a complex issue.
Discuss with a pair or in groups of three
3 min

In your experience what are the most important study skills at the university?

What study skills would you want to learn or improve?
In your experience what are the most important study skills at the university?
Factors most important in academic performance

1. Students prior knowledge and self-efficacy
2. Motivation to be or become successful
3. Emotion regulation skills
4. Skills to regulate learning technique
5. Skills regarding *time management* and being productive (And handling procrastination)

Richardson et al. 2012 *Psychological Correlates of University Students’ Academic Performance: Meta-analysis*
Emotion regulation skills
AllWell?2018 : Stress Level and Performance

Graph showing the relationship between stress level and academic performance during the academic year. The x-axis represents stress levels ranging from 'No' to 'High', and the y-axis represents credits and grades. The data indicates a decrease in credits and grades as the stress level increases.
Emotions in learning

• Interest, enthusiasm, curiosity and joy are resources for learning
• Fear of failure, shame and embarrassment and anxiety prevent learning

How do you deal with disappointments?
• Understanding failures as part of learning and showing kindness towards oneself -> motivation to learn, courage to take on challenges
• Hard self-criticism -> fear of failure
• Learn about http://self-compassion.org/ and the power of imperfection
Learning together

• Building knowledge is a shared process
  • Being part of the academic community
  • Zone of proximal development
  • Group work skills

• Teaching others is an effective way to learn and to cope with difficult emotions

• Social support is related to success and wellbeing in studies
How to recover from stress?

Four elements of psychological recovery:

- Psychological detachment from studies/work
- Relaxation
- Mastery of a skill, learning new things
- Autonomy / control during off-studies time

➢ Discuss with someone close to you, what helps you to **recover from stress** and **get along with difficult emotions** (3min)
Discussion in the small group was...

Fun, interesting, joyful, engaging, anxious, fearful, boring, difficult...
Discussion in the small group was (use emotion words)...

- insightful
- amusing
- varied
- boring
- conditioned responses
- shy
- fun
- nervous
- awkward
- dull
- peaceful
- relaxing
- stressed from courses
- as expected
- lifetime experience
- anxious
- embraced
- calmness
- agreement
- calm
- joy
- neutral
- empathy
- vulnerable
- enjoyable
- surprising
- scary
Skills to regulate learning technique
The most effective study techniques

Technique
1. Practice tests
2. Distributed practice
3. Elaborative interrogation
4. Self-explanation

How to use it?
1. Make short exams for yourself and answer them!
2. Study less in many days, instead of long period in one!
3. Ask why / how questions and make explanations!
4. Write or talk what new you have learned!

Dunlosky et al 2013 Improving Students’ Learning With Effective Learning Techniques: Promising Directions From Cognitive and Educational Psychology
Skills regarding *time management* and being productive (And handling procrastination)
How People Think It Is:  

- Good Grades
- Choose Two
- Social Life
- Enough Sleep

How It Really Is:

- Friends
- Class
- Work
- Family
- Homework
- Extra-Curricular Activities/
  Resume Builders/
  Volunteering
- Love Life
- Food
- Hobbies
- Sleep

Attempt to do everything until stress takes over and things start slipping and you end up crying in your bed deciding to do none of it and just watch T.V. to escape to somewhere else.
Time management for your wellbeing

8h + 8h + 8h = 24h

1 credit = 27h of work

60 credits = 1600 h

1 study year = 35 weeks = 45 h/week
Goal setting: What’s a good goal?

- **Specific**
- **Measurable**
- **Attainable**
- **Relevant**
- **Time Based**

https://en.wikipedia.org/wiki/SMART_criteria
Goal setting and time-management

Prepare to **monitor** and **adjust** behaviour.

A good timetable is individual for everyone.
Time management to practice

- Start using a **calendar** of your preference (electronic or paper)
- Include **task prioritizing** and **To do -lists**
- Remember to make time slots for your independent study, project works and other self scheduled work – not just lectures!
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The Study and Career Planning Psychology Services at Aalto University

Students typically contact us to discuss matters such as: time management, study methods, motivation, study-related stress and anxiety, coping with the workload, getting back to studying after a break, the effect of their health or life situation on their studies, and their future and career.

You are warmly welcome to contact us if you are wondering where to find support and whether you would benefit from talking to one of Aalto’s study or career planning psychologists!

More info: https://into.aalto.fi/display/enopisk/Study-and+career+planning+psychologists
Starting Point of Wellbeing

• The Starting Point of Wellbeing offers students advice and guidance on services related to wellbeing.

• You can drop in to the Starting Point of Wellbeing, without booking an appointment in advance, if you need advice and guidance on matters related to your wellbeing and study ability.

• TIMETABLES ONLINE AND ON CAMPUS:
  https://into.aalto.fi/display/enopisk/Starting+Point+of+Wellbeing
More information:

- [https://into.aalto.fi/display/enopisk/Courses+and+workshops+for+students](https://into.aalto.fi/display/enopisk/Courses+and+workshops+for+students)

Self-Study Material: Career Planning Exercises
Self-Study Material: Time-management
Self-Study Material: Stress-management
Self-Study Material: ABCs of getting things done

- [https://into.aalto.fi/display/enopisk/Study+skills](https://into.aalto.fi/display/enopisk/Study+skills)
Thank you!