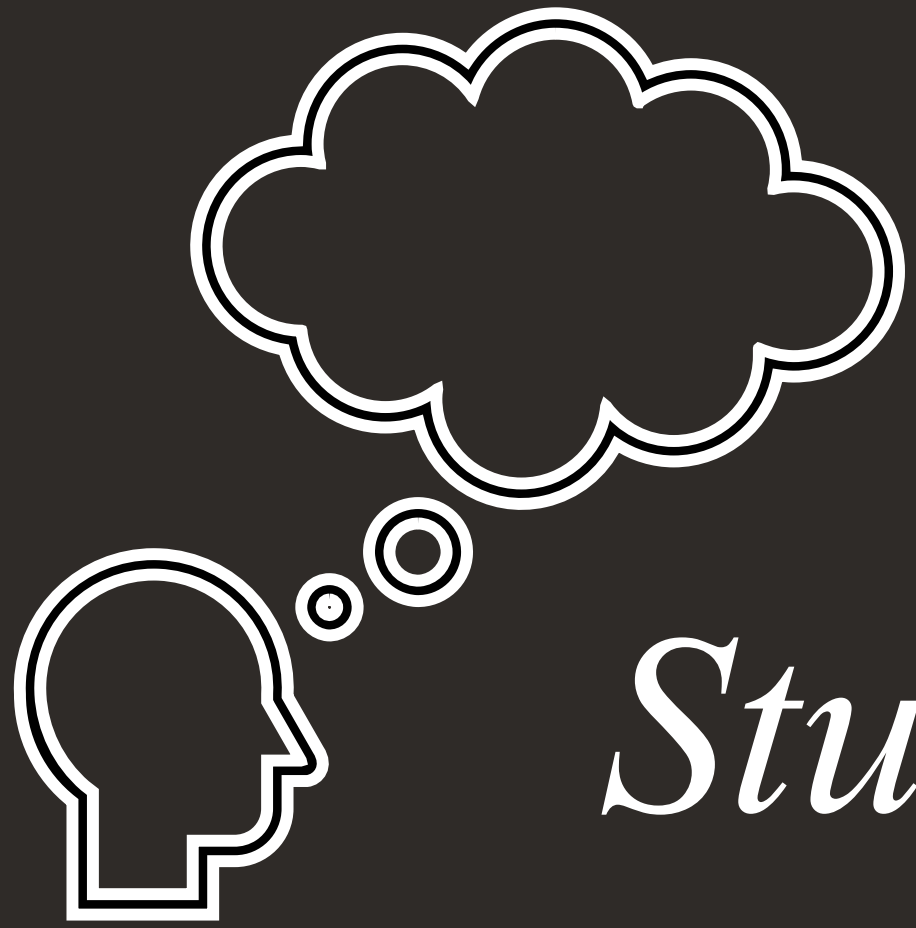

Study Skills

What comes to mind?

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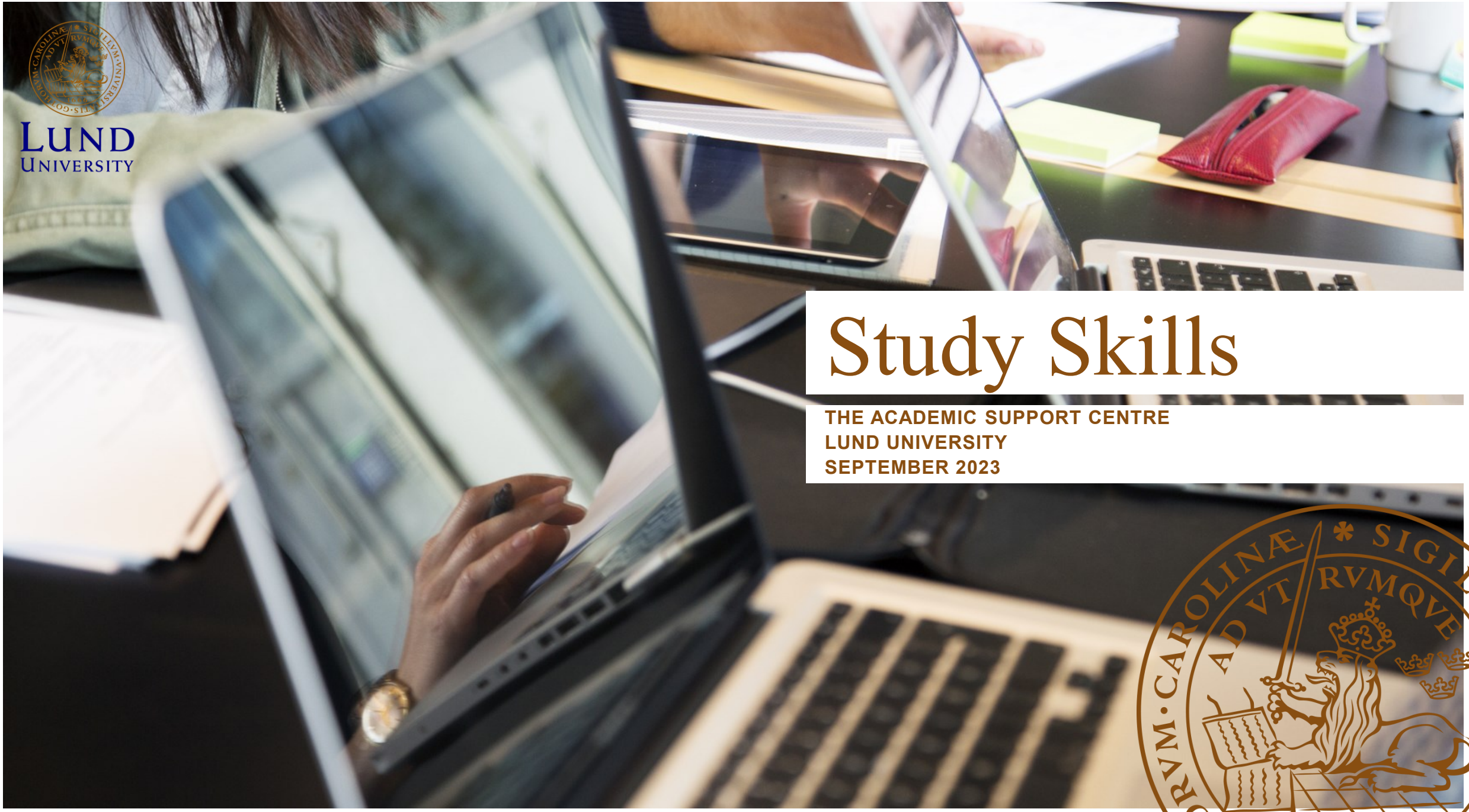

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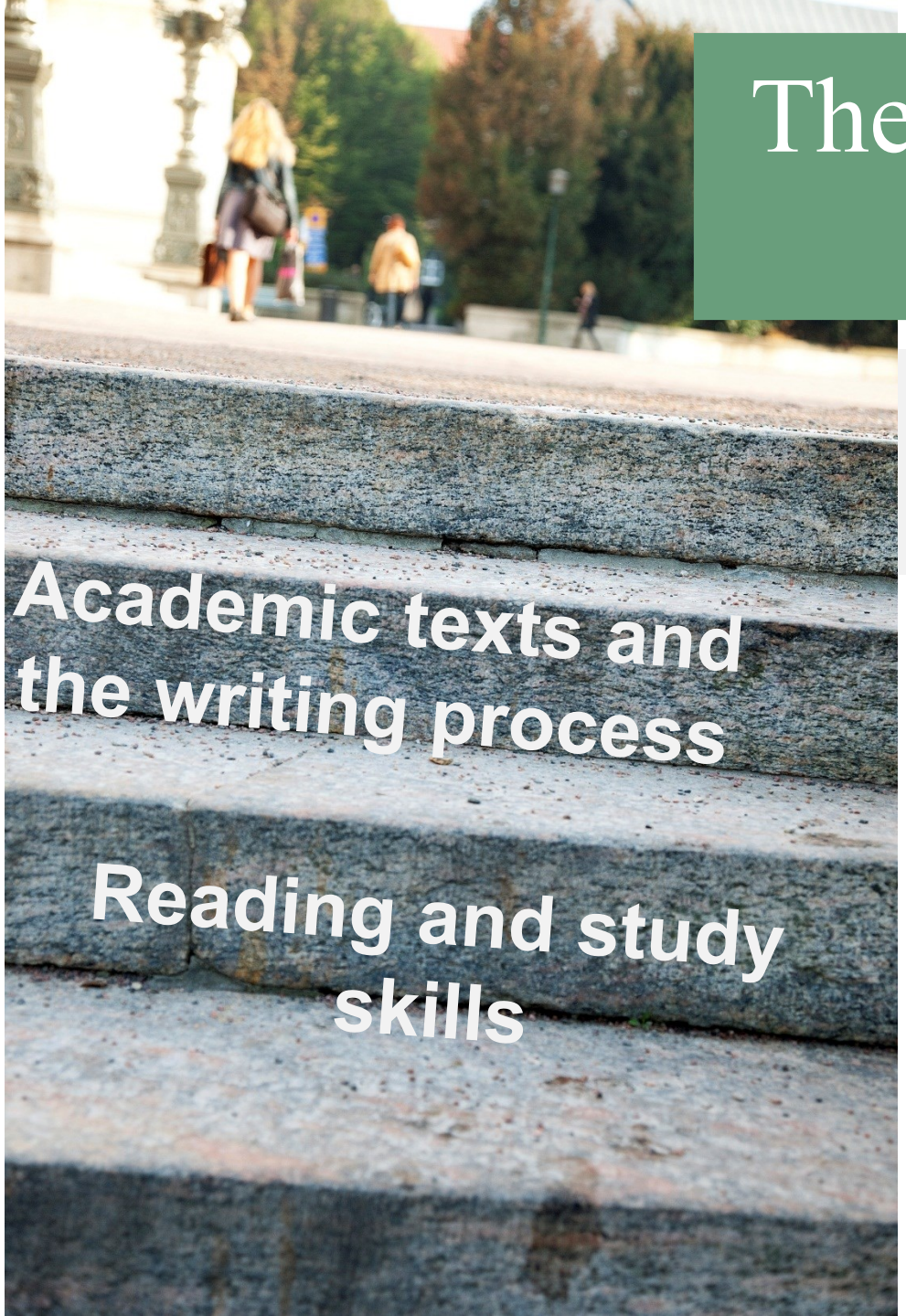
Study Skills

THE ACADEMIC SUPPORT CENTRE
LUND UNIVERSITY
SEPTEMBER 2023

The Academic Support Centre Studieverkstaden



Located in Lund and Helsingborg

Read more and book an appointment:
www.lunduniversity.lu.se/academic-support
(if you study in English)

www.lu.se/studieverkstad
(if you study in Swedish)

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Lectures and Workshops with the Academic Support Centre

Study Skills
13 September 10.00-12.00 **(ENG)**
13 and 14 September 13.00-15.00 **(SWE)**
20 September 13.00-15.00 **(ENG)**

Effective Reading Strategies
25 September 13.00-15.00 **(ENG)**
27 September 13.00-16.00 **(SWE)**
17 October 13.00-16.00 **(SWE)**

Effective Writing Strategies
4 October 10.00-12.00 **(SWE)**
5 and 12 October 13.00-15.00 **(SWE/ENG)**
25 and 26 October 13.15-14.00 **(ENG/SWE)**

Please see registration information on our website!

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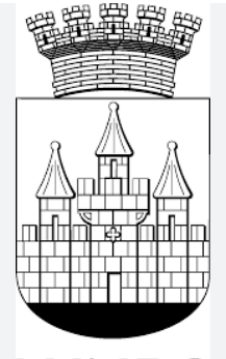
Writing Sessions with the Academic Support Centre



Lund

9 November 09.00-12.00

21 November 15.00-18.00

30 November 13.00-16.00

7 December 13.00-16.00

Helsingborg

15 November 13.00-16.00

13 December 13.00-16.00

Please see registration information on our website!

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Study Sessions with the Academic Support Centre

- start: Tuesday 19 September
- Tuesdays 9-12; 13-16
- registration required
- join one or both sessions
- location: Genetikhuset, Sölvegatan 29B, Lund

Please see registration information on our website!

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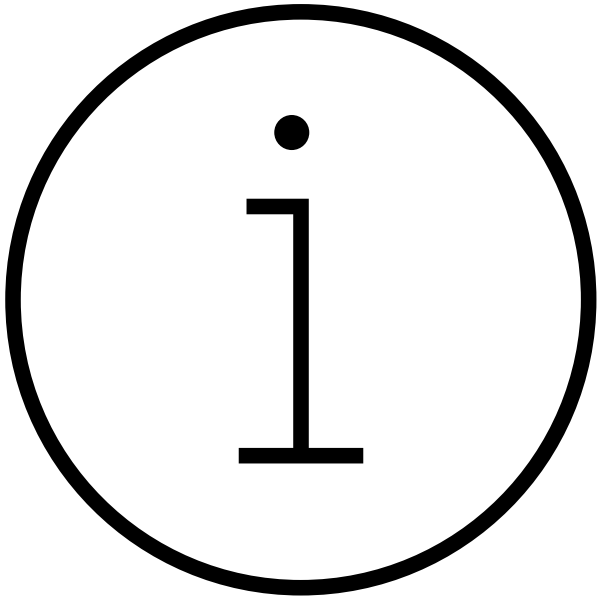

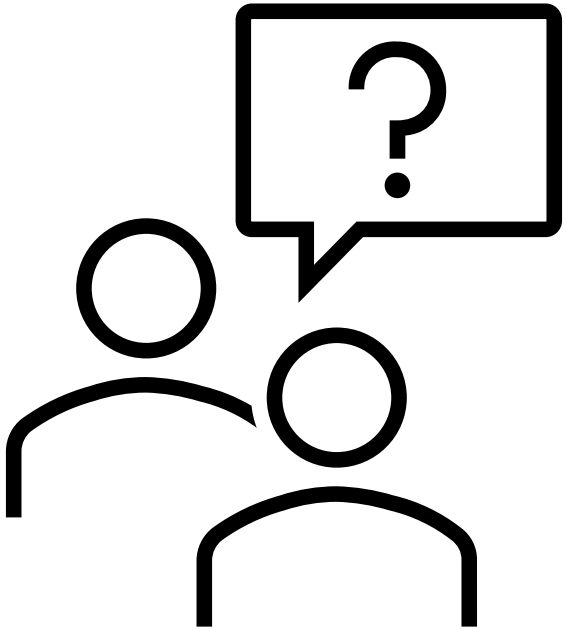

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Strategies for effective studies

- Self-knowledge
- Scheduling & routines
- Tools for finding focus
- Workmates
- Revision

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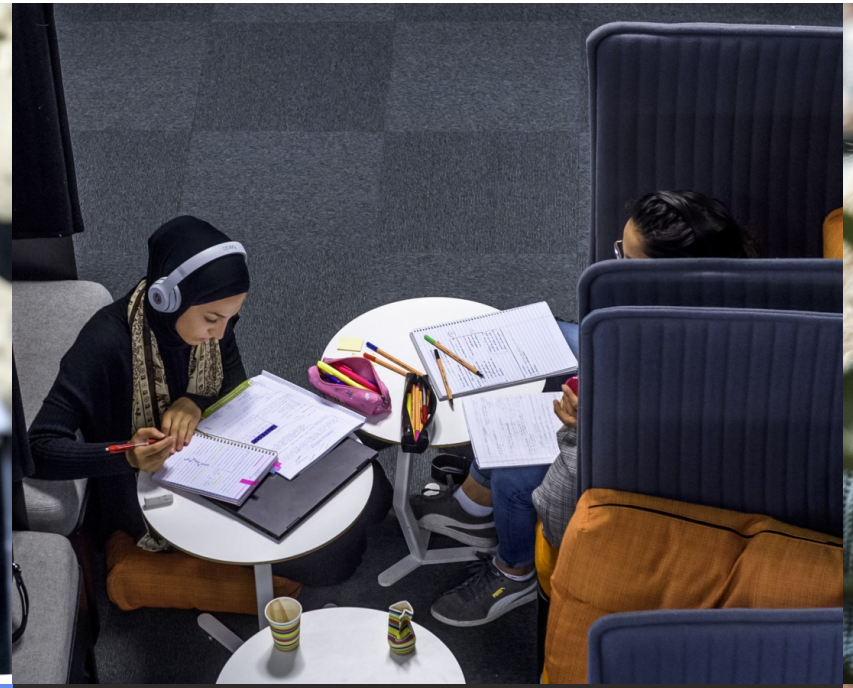

“What can I do to create a productive study routine?”

Self-reflection: Who am I as a student?

- When and where do I concentrate best?
- Am I easily distracted? What are the major distractions?
- How often do I pick up my phone?
- What do I need mentally and physically to be able to focus?
- Do I procrastinate? When, how, and why?
- How do I motivate myself to complete tasks?
- What are my short-term and long-term goals?

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Procrastination

Iterative learning
– meet the material several times

Think BEFORE…

Think DURING…

Think AFTER…

… the lecture/workshop/reading

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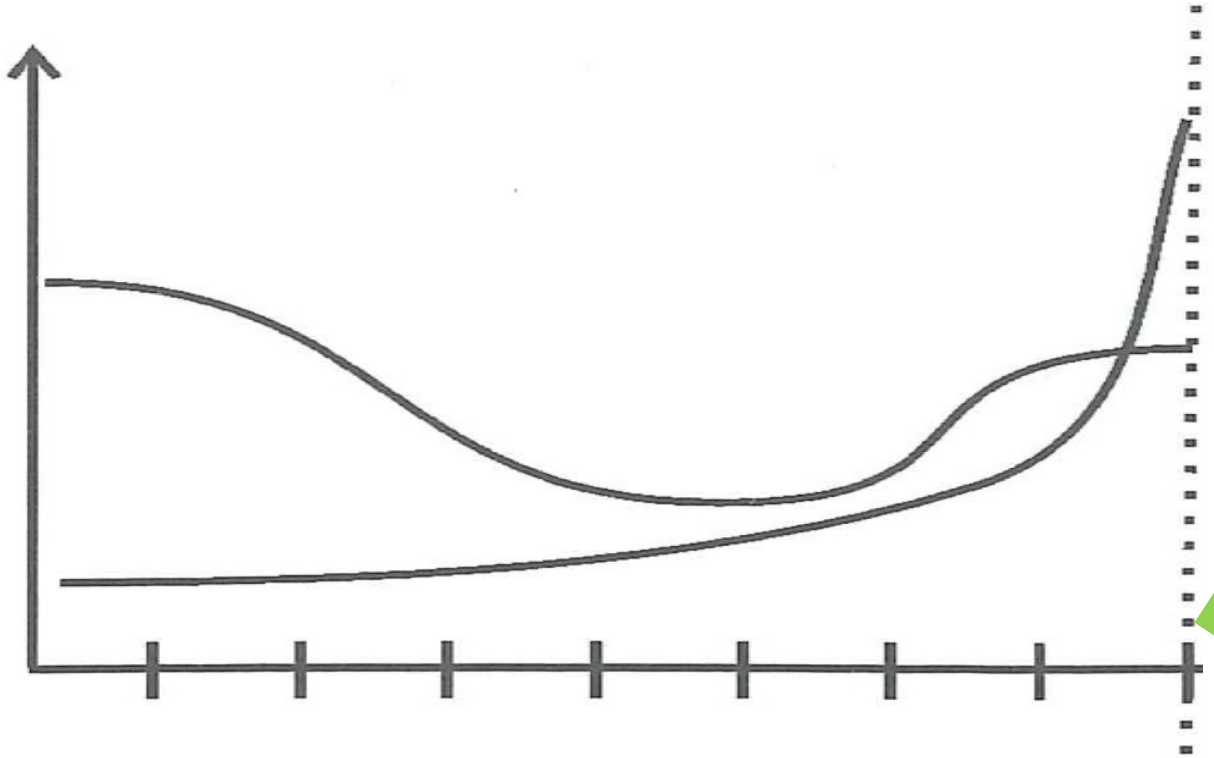
Start NOW



exam/date for submitting text/oral presentation etc.

Reflect!

1. Do you recognize yourself in any of these?
2. Do you think you need to make any changes in your study routine?
3. Which and why?

Two different ways of studying, week by week until the deadline.

From *Plugga smart och lär dig mer!* By B. Liljeqvist

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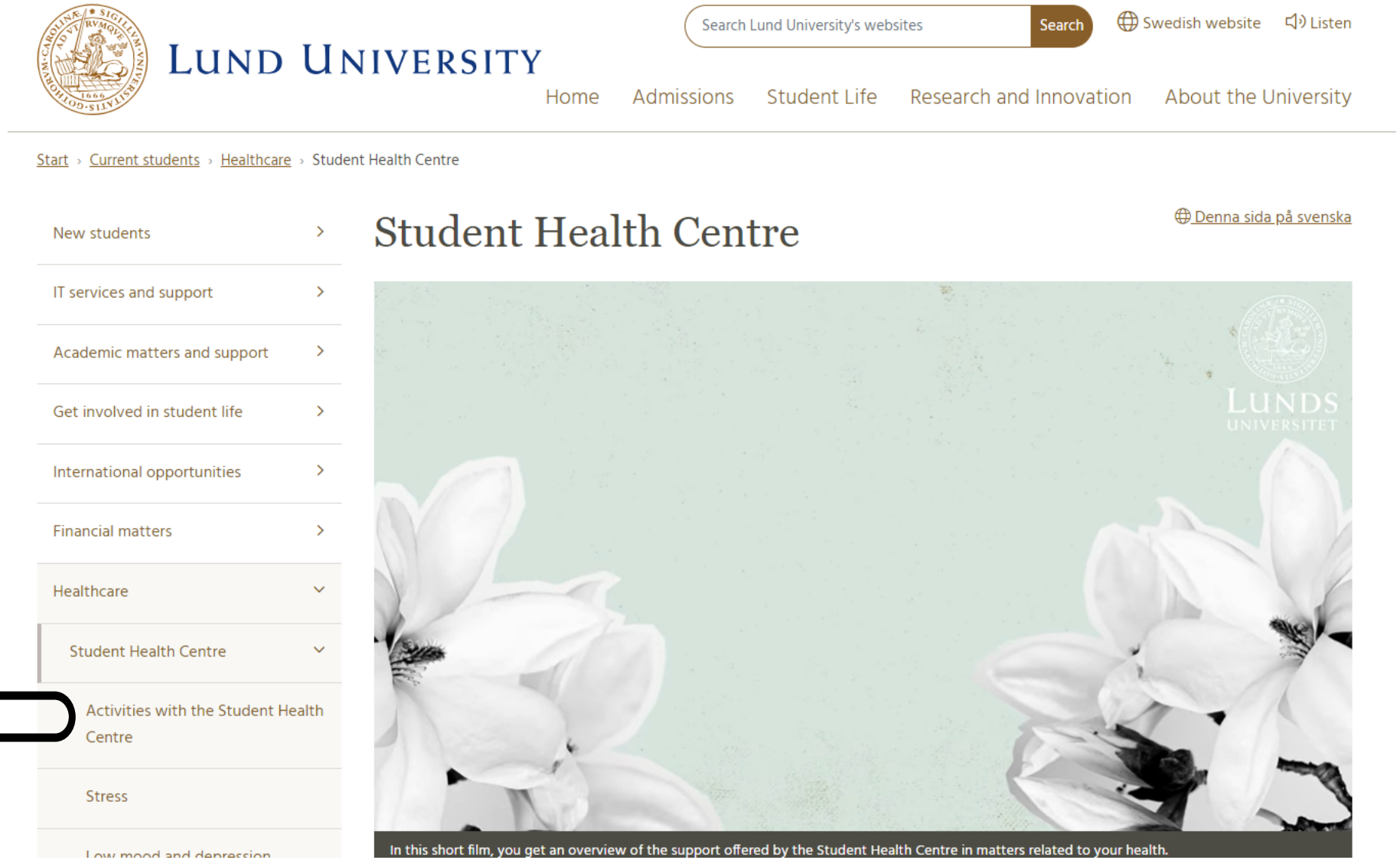
Do you have problems with procrastination?



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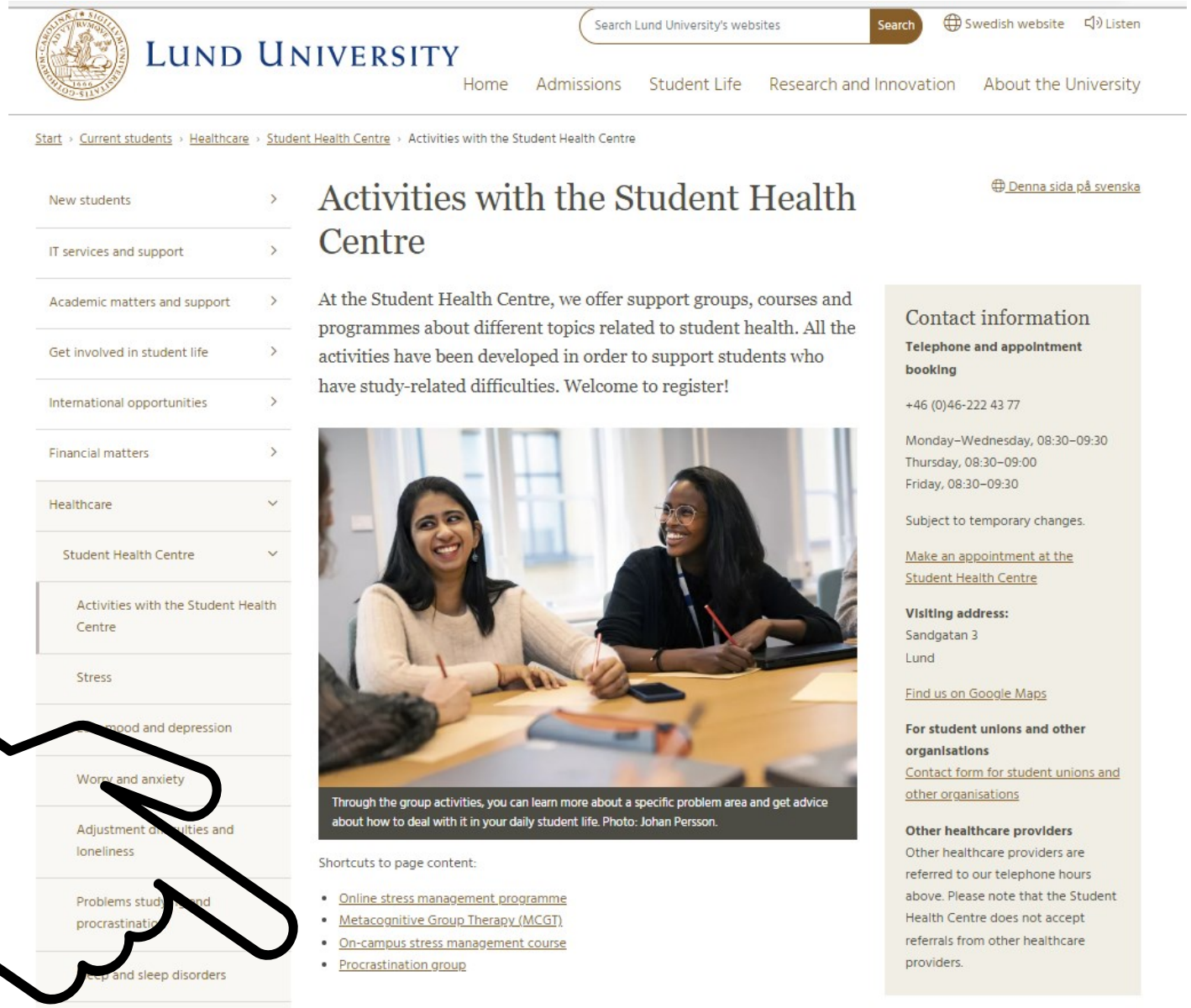
Welcome to register for the Procrastination group!



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Search Lund University's websites | Search | Swedish website | Listen

Home | Admissions | Student Life | Research and Innovation | About the University

Start › Current students › Healthcare › Student Health Centre › Activities with the Student Health Centre

- New students
- IT services and support
- Academic matters and support
- Get involved in student life
- International opportunities
- Financial matters
- Healthcare
  - Student Health Centre
    - Activities with the Student Health Centre
    - Stress
    - Mood and depression
    - Worry and anxiety
    - Adjustment difficulties and loneliness
    - Problems studying and procrastination
    - Sleep and sleep disorders

Denna sida på svenska

Activities with the Student Health Centre

At the Student Health Centre, we offer support groups, courses and programmes about different topics related to student health. All the activities have been developed in order to support students who have study-related difficulties. Welcome to register!

Through the group activities, you can learn more about a specific problem area and get advice about how to deal with it in your daily student life. Photo: Johan Persson.

Shortcuts to page content:

- Online stress management programme
- Metacognitive Group Therapy (MCGT)
- On-campus stress management course
- Procrastination group

Contact information

Telephone and appointment booking

+46 (0)46-222 43 77

Monday–Wednesday, 08:30–09:30
Thursday, 08:30–09:00
Friday, 08:30–09:30

Subject to temporary changes.

Make an appointment at the Student Health Centre

Visiting address:
Sandgatan 3
Lund

Find us on Google Maps

For student unions and other organisations
Contact form for student unions and other organisations

Other healthcare providers
Other healthcare providers are referred to our telephone hours above. Please note that the Student Health Centre does not accept referrals from other healthcare providers.

Dates: Tuesdays
Time: 14:00–16:00
Place: Online via Zoom

Read more here:
Activities with the Student Health Centre | Lund University

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Scheduling & Routines

Semester or course overview

- Week 35: Classes start
- Week 37: First study group meeting
- Week 39: Reflection paper
- Week 40: Paper topic
- Week 42: Presentation
- Week 43: Final paper

Weekly schedule

- Pages to read
- Lab work to be done
- Review time
- Research time
- Study group meetings
- Writing for assignment

Formulate these as daily goals

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Planning with sub-goals

A good sub-goal is

– concrete

– realistic

– relevant

– checkable ✓

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Weekly schedule

WEEKLY GOAL:							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-9							
9-10							
10-11							
11-12							
12-13							
13-14							
14-15							
15-16							
16-17							
17-18							
18-19							
19-20							
DAILY GOAL:							

Plan:

- Lectures
- Lab work
- Group work
- Reading sessions
- Revision sessions

- Exercise
- Social activities
- Rest
- …

Count: full time studies = 40 h/week

Example: Biomedicine - Bachelor's Programme – schedule w. 37

BIMB10, Biomedicin: Cellens biologi och kemi, BIMB10

v 37	Måndag 11/9 2023	Tisdag 12/9 2023	Onsdag 13/9 2023	Torsdag 14/9 2023	Fre
8–9	08:15–10:00 BIMB10 Biomed BA T1 Förel Chemistry, Equilibria Rune Grubb-salen Fredrik Ek 3775643	08:15–10:00 BIMB10 Biomed BA T1 Förel Chemistry... Rune Grubb-salen Fredrik Ek Chemistry, Thermodynamics & kinetics 3775644		08:15–10:00 BIMB10 Biomed BA T1 Förel Cell Structures 4 Rune Grubb-salen Magnus Abrahamson 3775660	08:15– BIMB10 Biomed BA T1 TBL Chemistry: Equl BMC:E12017 Fredrik Ek 3775657
10–11–12		10:15–12:00 BIMB10 Biomed BA T1 TBL Chemistry, Equlibria, exercise BMC:E13046 Fredrik Ek 3775648		10:15–12:00 BIMB10 Biomed BA T1 TBL Chemistry, exercise BMC:E12017 Fredrik Ek 3775656	10:15–12:00 BIMB10 Biomed BA T1 TBL Chemistry: Equlibrium BMC:E12017 Fredrik Ek 3775658
13–14	13:15–15:00 BIMB10 Biomed BA T1 Workshop Effective reading strategies BMC:E12022 Sandra Petersson Susanne Destow A workshop with staff from the Academic Support Centre and Biomedicine's Study Advisor.	13:15–15:00 BIMB10 Biomed BA T1 TBL Chemistry, exercise BMC:E12017 Fredrik Ek 3775649		13:15–15:00 BIMB10 Biomed BA T1 TBL Chemistry, exercise BMC:E13022 Fredrik Ek 3775655	13:15–15:00 BIMB10 Biomed BA T1 Förel/Sem Scientific writing BMC:E12018 Magnus Abrahamson 3775584
15–16		15:15–17:00 BIMB10 Biomed BA T1 TBL Chemistry, exercise BMC:E12017 Fredrik Ek 3775650			

Reflect!

1. Is this schedule what you had expected?
2. What are your thoughts on the ”empty” slots?

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Example: Biomedicine - Bachelor's Programme – schedule w. 37

BIMB10, Biomedicin: Cellens biologi och kemi, BIMB10

v 37	Måndag 11/9 2023	Tisdag 12/9 2023	Onsdag 13/9 2023	Torsdag 14/9 2023	Fredag 15/9 2023
8	08:15 BIMB10 Biomed BA T1 Förel Chemistry, Equilibria Rune Grubb-salen Fredrik Ek 3775643 10:00	08:15 BIMB10 Biomed BA T1 Förel Chemistry... Rune Grubb-salen Fredrik Ek Chemistry, Thermodynamics & kinetics 3775644 10:00	Revising lecture notes etc.	08:15 BIMB10 Biomed BA T1 Förel Cell Structures 4 Rune Grubb-salen Magnus Abrahamson 3775660 10:00	08:15 BIMB10 Biomed BA T1 TBL Chemistry: Equlibrium BMC:E12017 Fredrik Ek 3775657 10:00
9					
10	Revising lecture notes etc.	10:15 BIMB10 Biomed BA T1 TBL Chemistry, Equlibria, exercise BMC:E13046 Fredrik Ek 3775648	Reading Session	10:15 BIMB10 Biomed BA T1 TBL Chemistry, exercise BMC:E12017 Fredrik Ek 3775656	10:15 BIMB10 Biomed BA T1 TBL Chemistry: Equlibrium BMC:E12017 Fredrik Ek 3775658
11	Reading Session				
12	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
	Lecture Prep	Lecture Prep	Meet with study group	Lecture Prep	Lecture Prep
13	13:15 BIMB10 Biomed BA T1 Workshop Effective reading strategies BMC:E12022 Sandra Petersson Susanne Destow A workshop with staff from the Academic Support Centre and Biomedicine's Study Advisor. 15:00	13:15 BIMB10 Biomed BA T1 TBL Chemistry, exercise BMC:E12017 Fredrik Ek 3775649 15:00		13:15 BIMB10 Biomed BA T1 TBL Chemistry, exercise BMC:E13022 Fredrik Ek 3775655 15:00	13:15 BIMB10 Biomed BA T1 Förel/Sem Scientific writing BMC:E12018 Magnus Abrahamson 3775584 15:00
14					
15	Revising lecture notes etc.	15:15 BIMB10 Biomed BA T1 TBL Chemistry, exercise BMC:E12017 Fredrik Ek 3775650 17:00	Reading Session	Revising lecture notes etc.	Revising lecture notes etc.
16	Lecture Prep For Tuesday			Lecture Prep for Friday	Lecture prep for Monday + Make a plan for next week

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Take breaks!

We remember best at the beginning and end of a study session.

Theory – 45 minutes of focus

Practice/Exercises – 90 minutes of focus

Reflect!

1. For how long can you usually focus?
2. Do you take breaks regularly when studying?
3. How can you make sure that you take the breaks that you need, to be productive?

The Pomodoro Technique

1. Choose a sub-goal
2. Eliminate external distractions
3. Work with intense focus for 25 minutes
4. Quickly note distractions on scratch paper
5. After 25 minutes, note what you have done
6. You've earned a 5-minute break
7. Work for another 25 minutes
8. After 4 pomodori, take a longer break

Antidote to mindless multi-tasking!

"When people think they´re multitasking, they´re actually just switching from one task to another very rapidly. And every time they do, there´s a cognitive cost in doing so." (Miller in Levitine, 2014:120)

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Example sub-goals for “read”

Varied reading tasks	Time
Read abstract/introduction for an overview	🍅🍅
Mind map the content	🍅
Intensive reading of section X and Y	🍅🍅
Write short summaries of sections X and Y	🍅
Intensive reading of section Z	🍅🍅
Clarify central concepts / terms	🍅
Discuss the text with study group	🍅🍅🍅🍅

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Be active!

How much do you remember?

Listening:	20 %
Listening and watching:	50 %
Listening, watching and doing:	70 %
Teaching others:	90 %

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Form structured study groups

To discuss, revise, learn from each other, give feedback, write study questions, quiz each other …

- Define expectations and roles; write a contract.
- Prepare!
- Structure meetings with agenda and meeting chair.
- Put away phones and other distractions.

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Plan study time together

- Decide on a time and place in advance.
- Discuss your goals for the session.
- Take breaks together.
- Ask each other how it’s going.
- Describe/discuss any problems/obstacles.
- Describe what you’ve learned and how you learned it during the session.

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Review!

- Within an hour
- Within 24 hours
- A week later
- A month later

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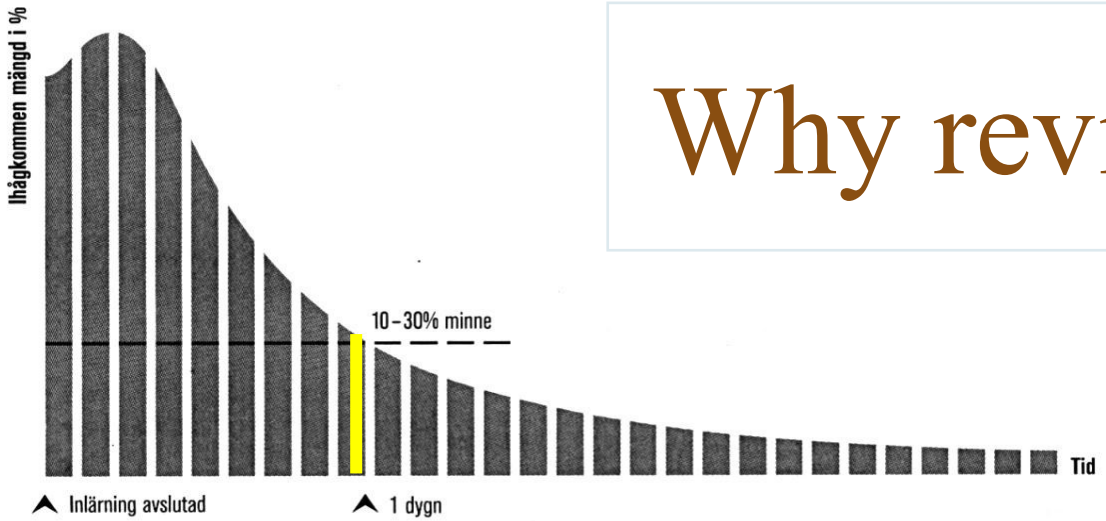
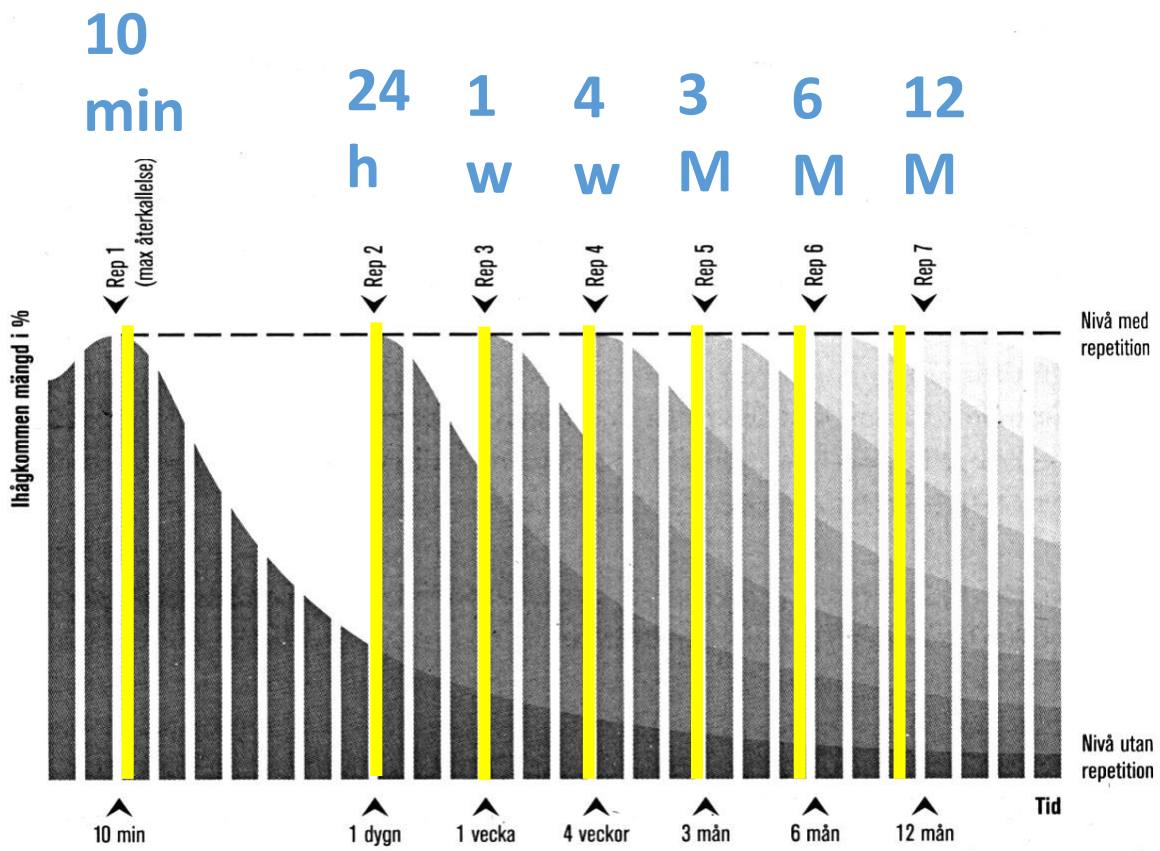
Why review?

No revision



FIGUR 3:4 MINNET EFTER INLÄRNINGSPERIODEN

Revision



From Kellquist M. and Eneroth, M. (2000). *Studieteknik för universitet/högskola*. [Print]. Svenska studieteknikförlaget

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Revision strategies

- reviewing notes
- having a conversation
- mind mapping
- summarizing
- keeping a progress journal

Reflect!

1. How do you remember what you study?
2. Which of these strategies have you used in the past?
2. Which have worked best for you?

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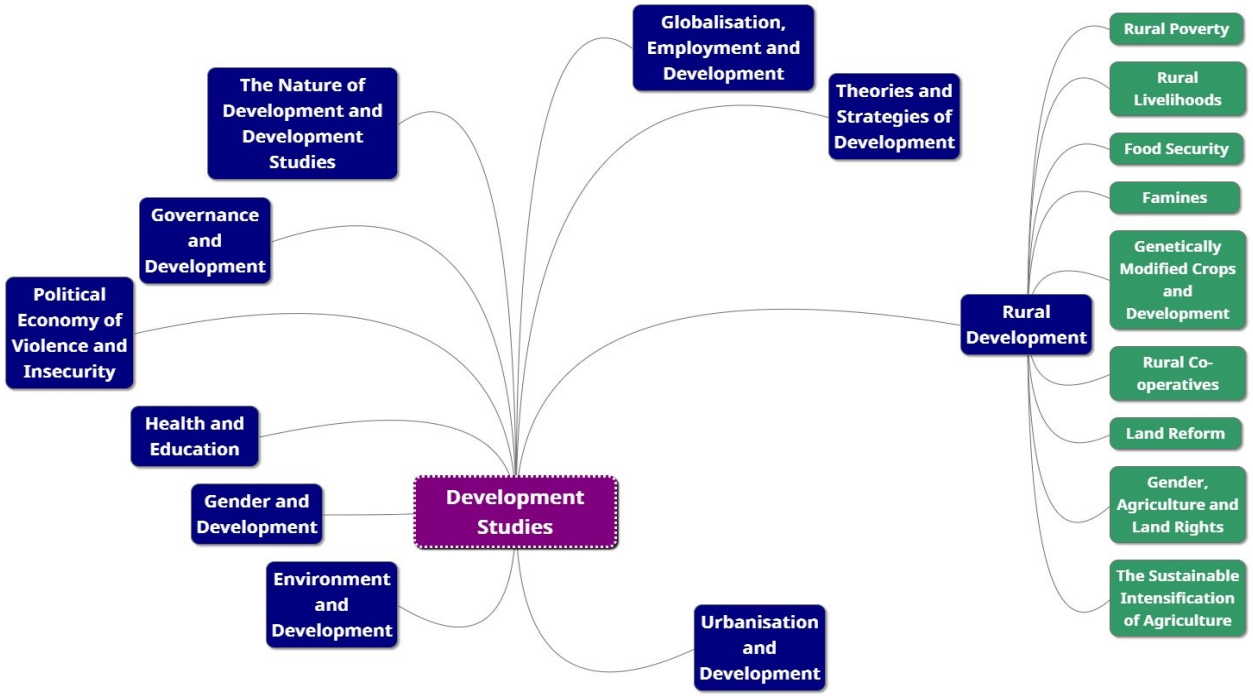
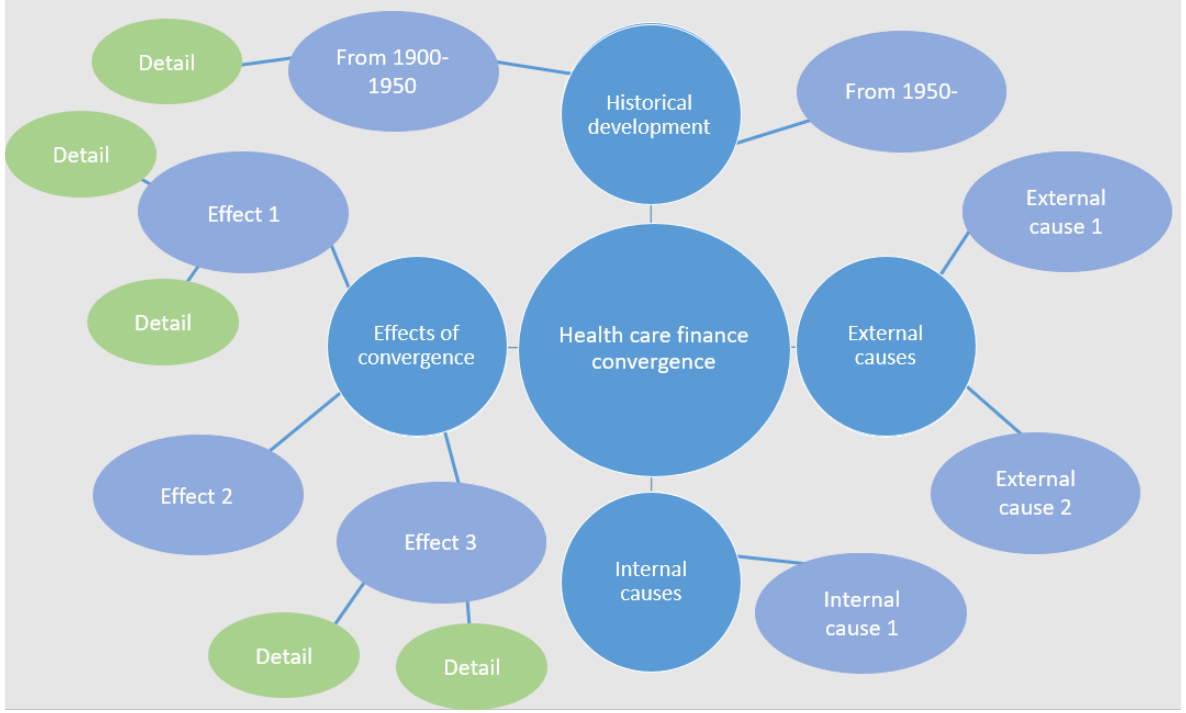
Mind map and key concepts





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Reflect and summarize

1. What was the **main point**?
2. What did you find most **surprising**?
3. What did you find most **confusing**, and why did you find it confusing?

*Strong correlation between serious reflections on reading and final course grades has been found (Wirth 2008).

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Recall and review

1. Read a section of text and then put it away.
2. Recite out loud or write down what you remember.
3. Get out the text and review, noting what you remembered incorrectly or forgot.

*Study with fact-based material: R & R is more effective than rereading again and again (Roediger and Karpick 2006).

*Possibly just as effective but less time-consuming than heavy note-taking (McDaniel, Howard, & Einstein 2009).

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Progress journal – to create a self-sustaining system

Warm-up:

What will you do today?

Set up sub-goals.

To-do list:

Jot down tasks and create new sub-goals.

Obstacles:

Describe the problem. How could you solve it? Do you need to seek help? What can you do in the meantime?

Round off:

What have you accomplished today? How will you continue next time?

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Give yourself time to reflect

-

and

to

relax

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Reflect!

1. What did you find most useful in today's lecture?

2. How can you implement this in your study routine?

3. When will you start?

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The Academic Support Centre

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www.lunduniversity.lu.se/academic-support

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