

STUDY SKILLS





The Skills You Need Guide for Students

BOOK 2

STUDY SKILLS

Skills You Need

This is one of a series of eBooks by Skills You Need available for sale at:

www.skillsyouneed.com

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

Cover Illustration by Freepik Storyset

ISBN: 978-1-911084-32-7 Published by Skills You Need Ltd © 2021 Skills You Need Ltd This version was published in February 2021

CONTENTS

	INTRODUCTION	5
	THE STRUCTURE OF THIS BOOK	7
1	STUDY SKILLS AND LEARNING STYLES	12
	WHAT ARE STUDY SKILLS?	12
	LEARNING STYLES AND STUDY SKILLS	
	PRACTICAL IMPLICATIONS OF LEARNING STYLES	18
	LEARN AND ADAPT	21
	TOP TIPS FOR STUDYING	
2	DEVELOPING YOUR ACADEMIC READING SKILLS	
	HOW READING DEVELOPS	33
	THE GOAL OF READING	34
	DEVELOPING A READING STRATEGY	36
	NECESSARY READING MATERIALS	38
	SOURCES OF INFORMATION	40
	RECOGNISING WRITING STYLES	45
3	CRITICAL READING AND OTHER ANALYTICAL SKILLS	50
3		
	BREAKING DOWN ANALYTICAL SKILLS	
	WHAT IS CRITICAL READING?	30
4	PROBLEM-SOLVING	61
	PROBLEM-SOLVING	62
5	TAKING NOTES	67
	WHAT IS NOTE-TAKING?	
	NOTE-TAKING FROM LECTURES, CLASSES AND SEMINARS	75
	ORGANISING YOUR NOTES	79
6	WRITING	80
	STYLES OF WRITING	81
	FORMAL AND INFORMAL WRITING STYLES	83
	PREPARING ASSIGNMENTS	00
	PLANNING YOUR ESSAY	
	ESSAY WRITING	01
	REPORT WRITING	
	WRITING AN EXECUTIVE SUMMARY	

	ACADEMIC REFERENCING	108
	RULE #1 OF ACADEMIC REFERENCING	112
	FINISHING TOUCHES	119
	PROBLEMS WITH WRITTEN ASSIGNMENTS	127
	REFLECTING ON MARKED WORK	128
7	RESEARCH	136
	WHAT IS THEORY?	137
	TYPES OF RESEARCH: PRIMARY AND SECONDARY	141
8	REVISION SKILLS	143
	HOW TO REVISE: REVISION TIPS AND TECHNIQUES	144
	MORE ABOUT REVISION: USING YOUR LEARNING STYLE	149
	LAST MINUTE REVISION TIPS	154
9	EXAM SKILLS	159
	TOP EXAM PREPARATION TIPS	160
	AVOIDING COMMON EXAM MISTAKES	163
	STAYING HEALTHY DURING EXAM TIME	168
10	DEALING WITH STRESS	173
	TOP TEN TIPS TO COMBAT STRESS	174
CO	NCLUSION	179

INTRODUCTION

One of the most frequent complaints heard from students is that nobody has ever taught them to study.

Wherever you live or go to school, learning at school tends to be very structured: you attend lessons, taught by teachers working within a clear curriculum of subjects. You are likely to be given assignments to be completed independently, particularly as you get older and move through the school system, but deadlines are often firmly fixed, and schools try to timetable work to avoid putting too much stress on their students with competing deadlines.

Contrast this with college or university, where learning is expected to be studentled. After all, you chose to be there, so you must know what you want to learn, or so the thinking goes. Study subjects are often optional, and many students are expected to pick their own courses and decide what they want to study when.

No wonder that many students find the move from school to university or college a challenge.

This guide from Skills You Need is designed as a practical help to students, both at school and beyond, to help them to develop the skills to study effectively. It is aimed at learners across all disciplines and in different life circumstances: full and part-time students, those returning to education later in life, those engaged in professional development and anybody who wants to learn how to learn effectively.

It focuses on study skills—reading, taking notes, writing essays, reports and more, and research. However, the first book in this series, Becoming a Student, covers some more basic organisational skills that may be useful for students. Together, these books provide help and advice on how to manage both yourself and your studies.



HOW TO USE THIS BOOK

This book is divided into sections covering different areas of skills that you will need to develop for successful study: reading and thinking, problem-solving and analysis, note-taking, writing, research and revision.

It contains information to help you understand why particular skills are important and how w can help you, and advice about how to develop them.

Practical advice can be identified by the use of the 'toolkit' logo next to the section, and is often contained in text boxes.

The full eBook is available at

www.skillsyouneed.com

