



# Topic 1: Study Skills and Learning Styles





# What are Study Skills?

~ skills that you need to help you to study and learn efficiently

~ important set of life skills



# Seven Study Skills

1. Active Listening
2. Active Reading
3. Note-taking
4. Test preparation
5. Memorization
6. Time Management
7. Stress management



# Class task 1



Individually, in pair or group, google and list out the 7 study skills in Slide 3. Choose a topic which interests you most.

- 1) List them down and present them in class.
- 2) Create an album and submit your presentation to the Group Line (with your names and student ID).





# For Example,



1. Make a weekly or daily to-do list.
2. Use a calendar or planner.
3. Get up early to get stuff done.
4. Reward yourself when tasks are complete.
5. And etc. etc.

# Time Management





Task

To-do

Priority

Project

Plan

Achievement

TIME  
MANAGEMENT

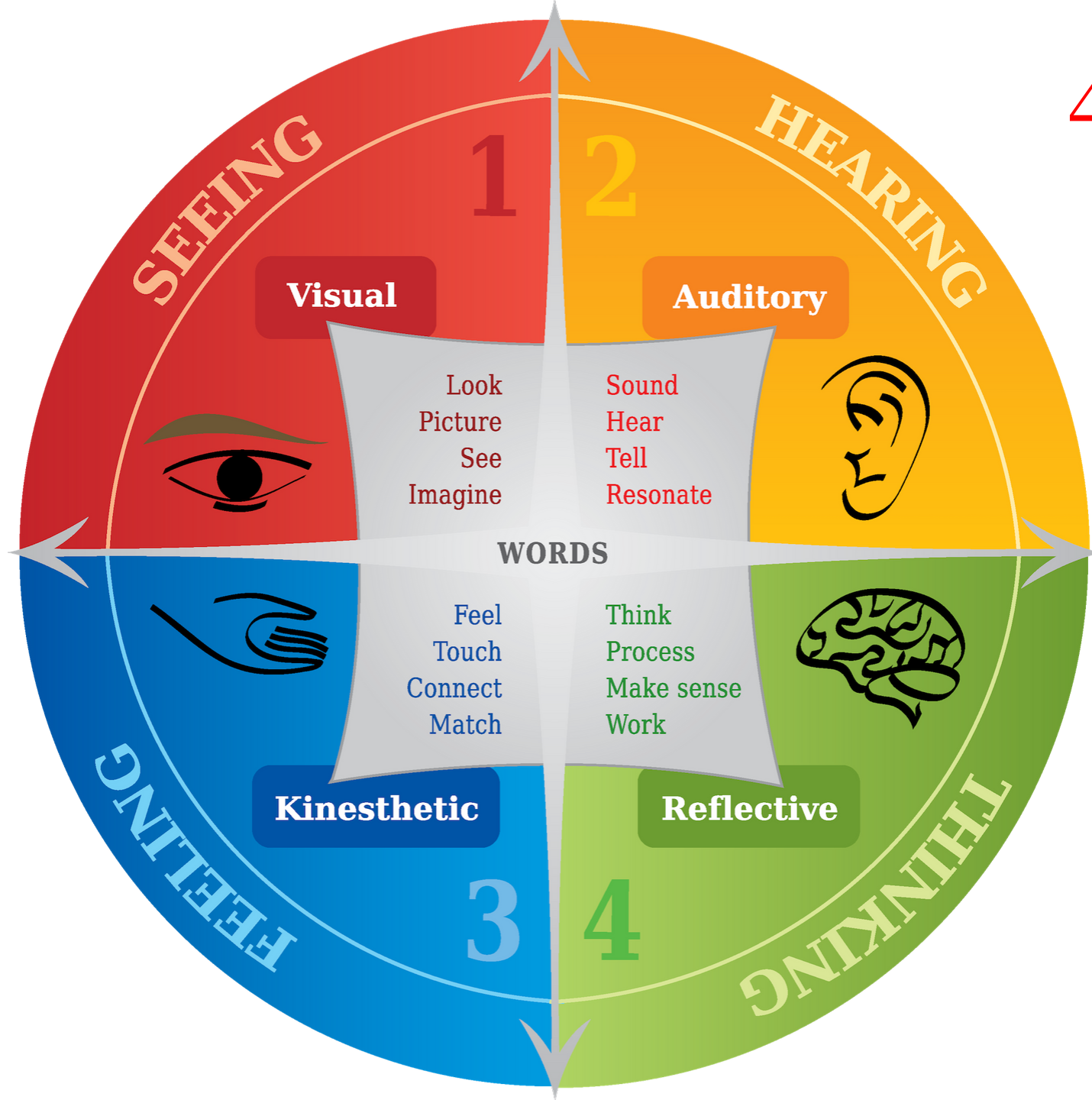


# Presentation Time



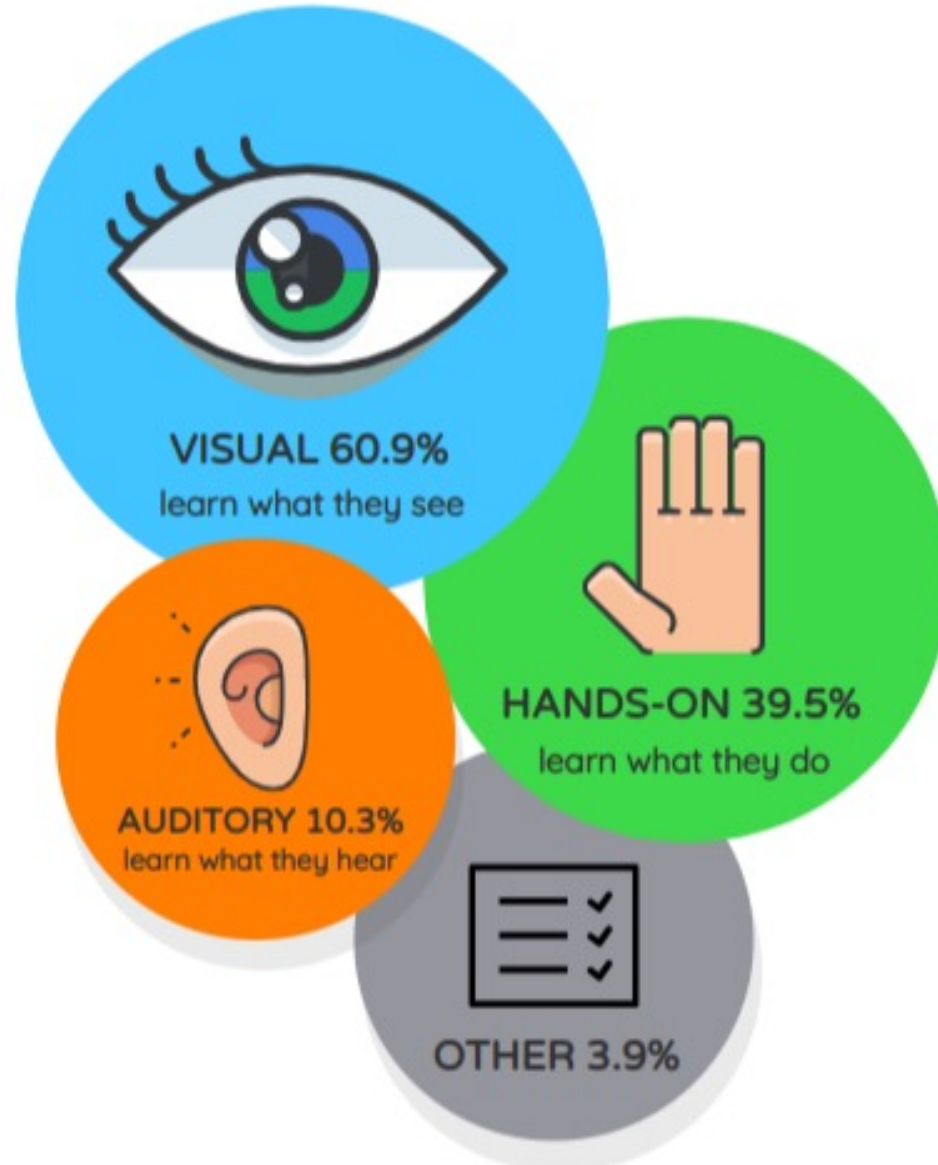


# 4 Learning Styles



1. Visual
2. Auditory
3. Kinesthetic
4. Reflective

# TYPES OF LEARNERS\*





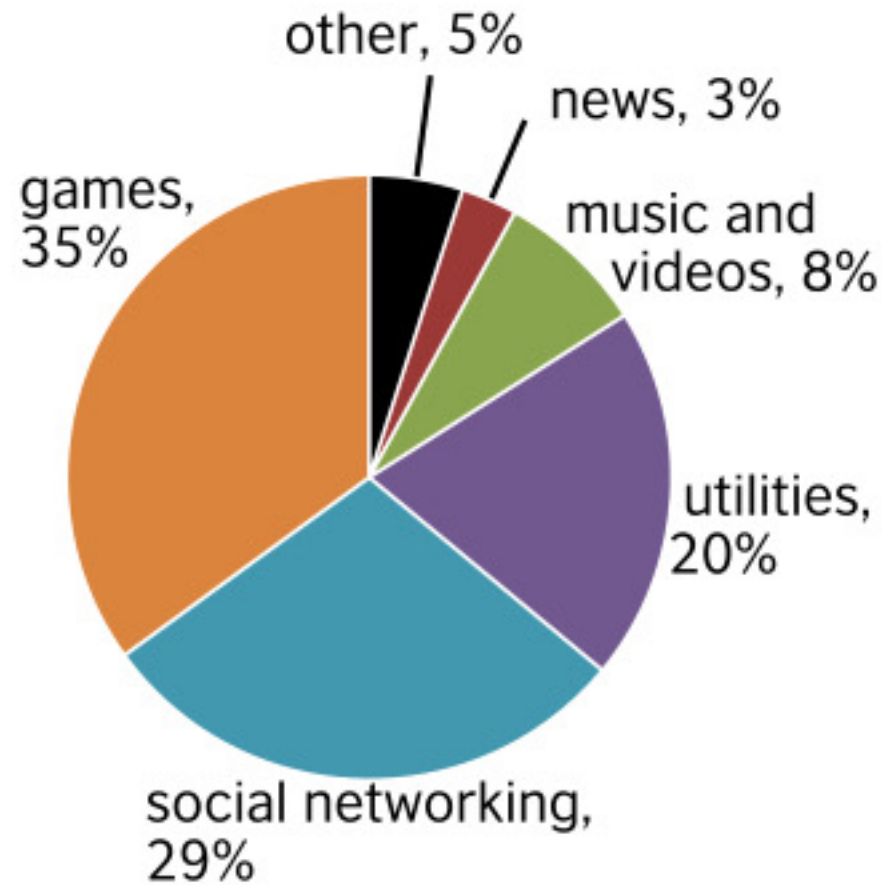
**WHICH WORKS BEST?**

**Q U I Z**

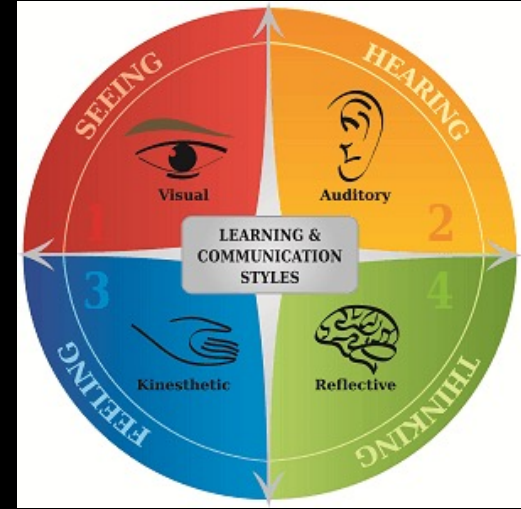
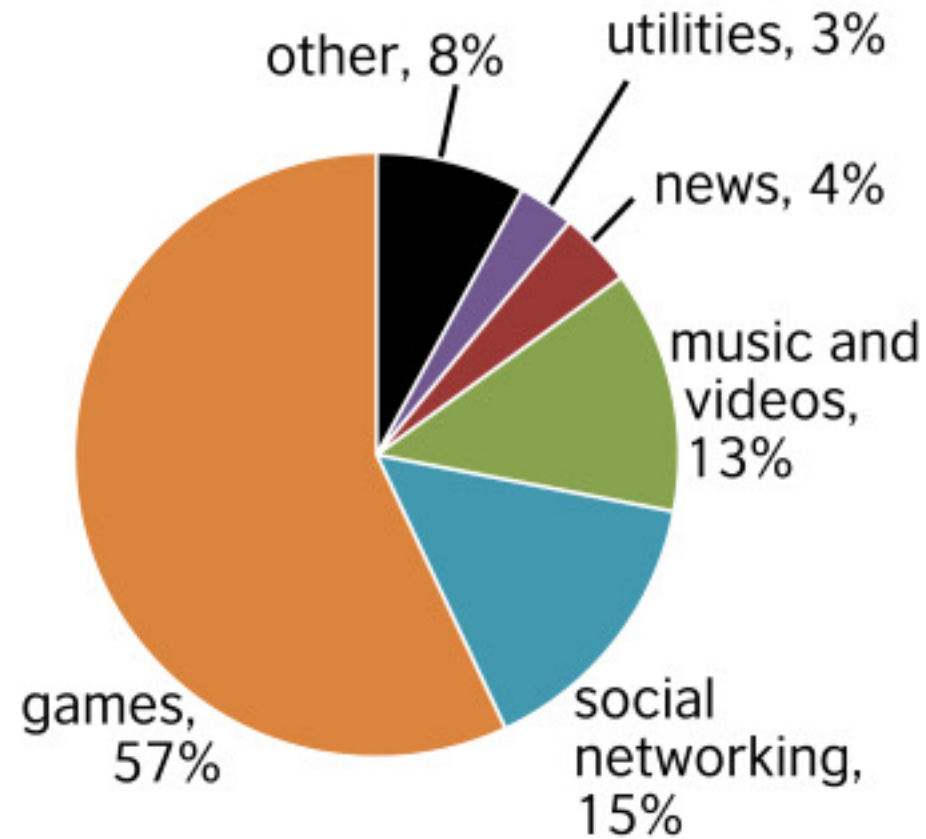
**For which type of LEARNER(s)?**

# Time spent on smartphones and tablets, by category

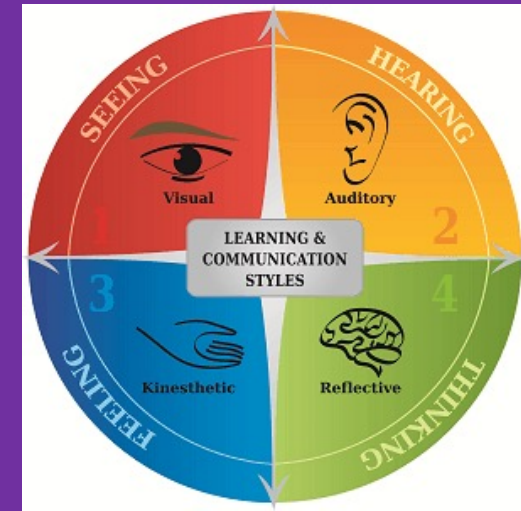
## Smartphones



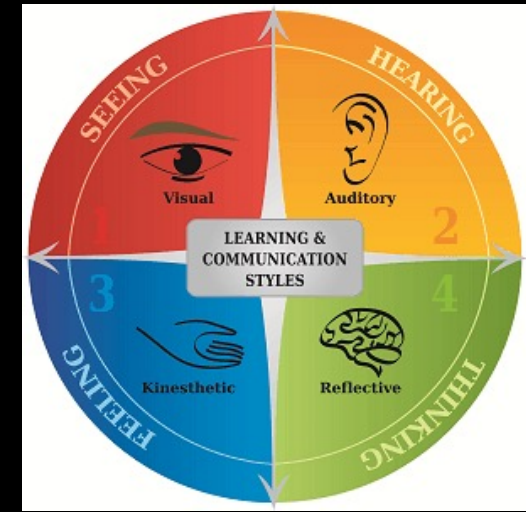
## Tablets



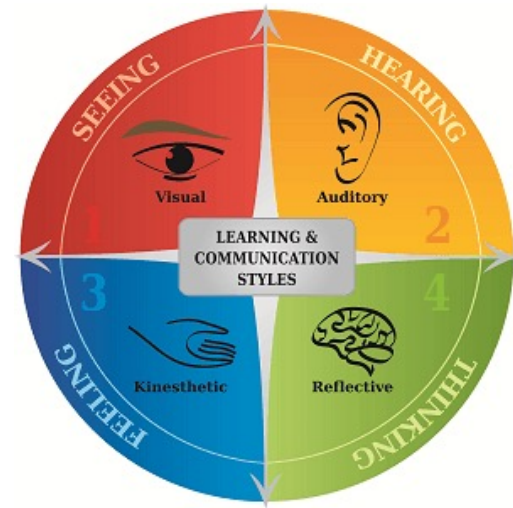






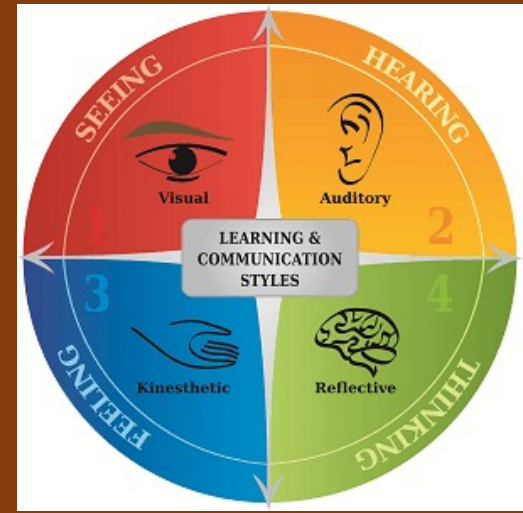
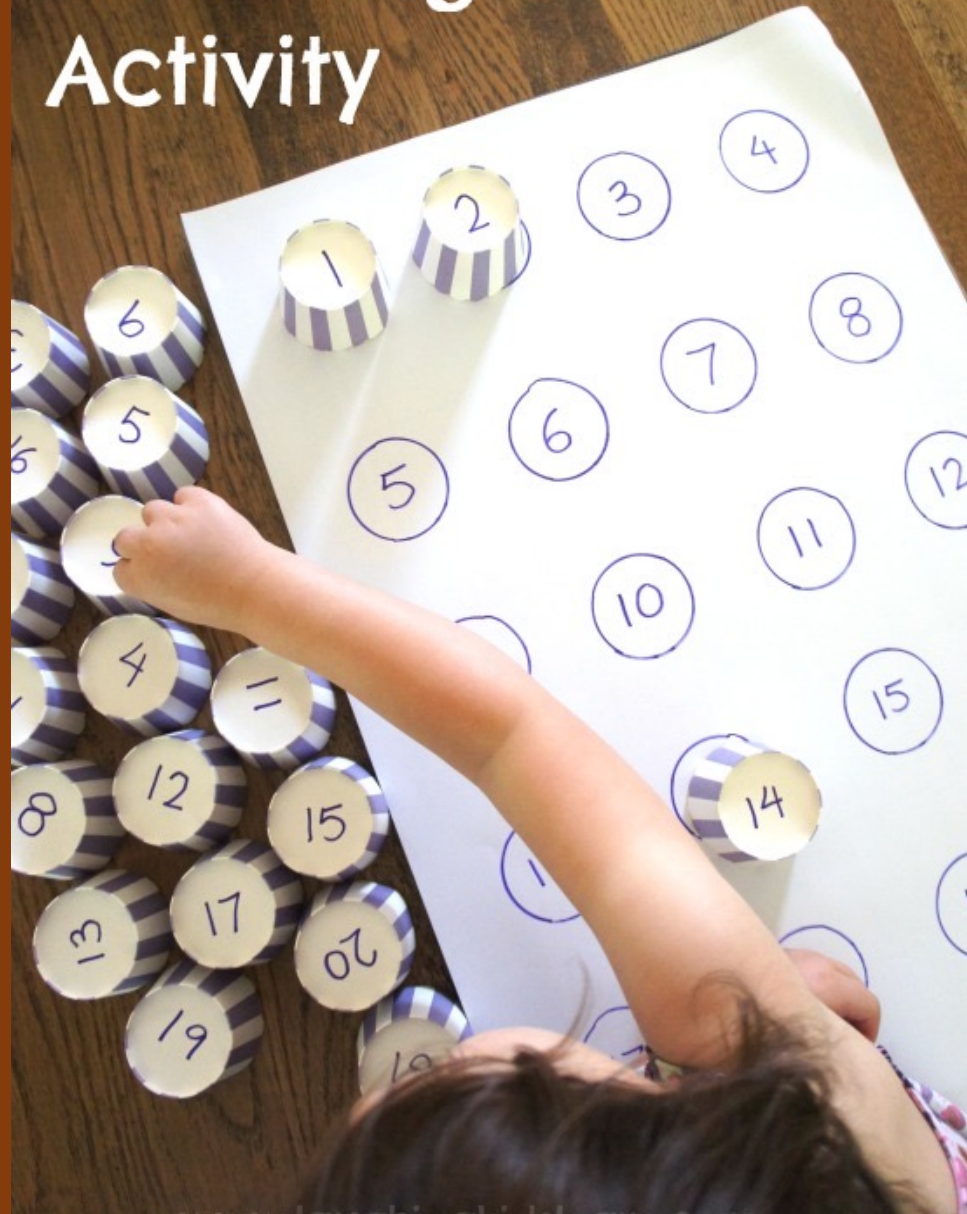




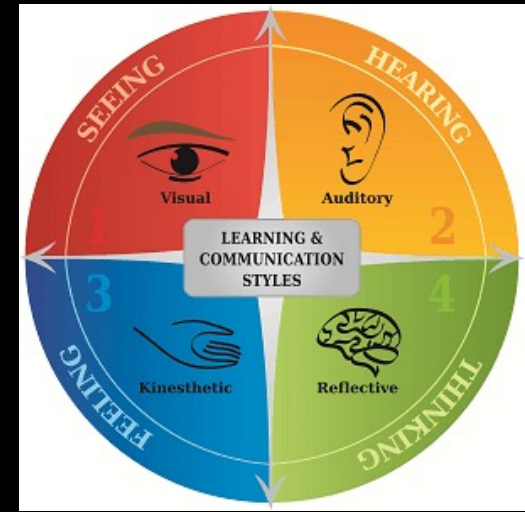


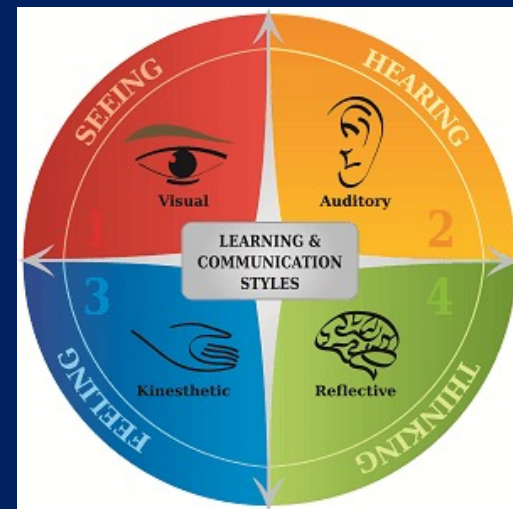


# Number Matching Activity

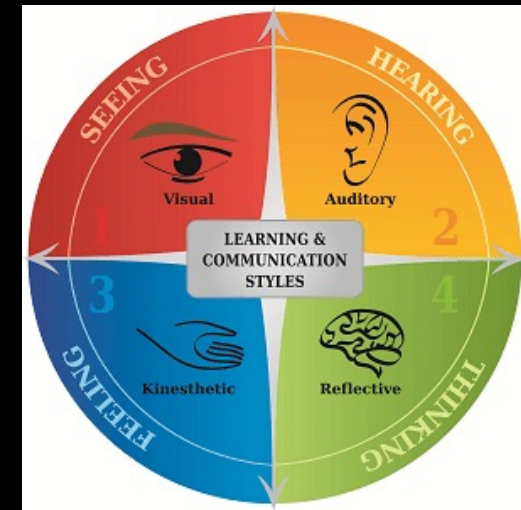


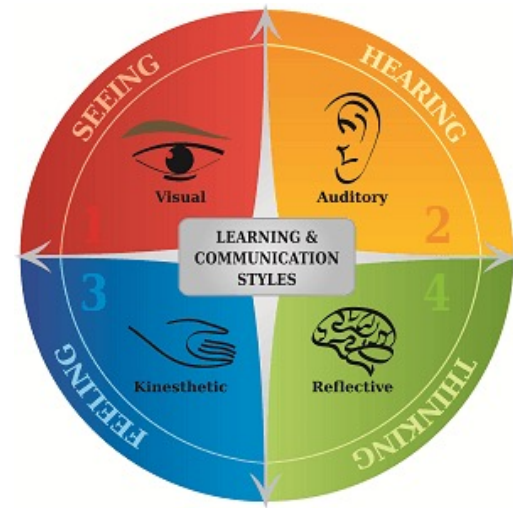




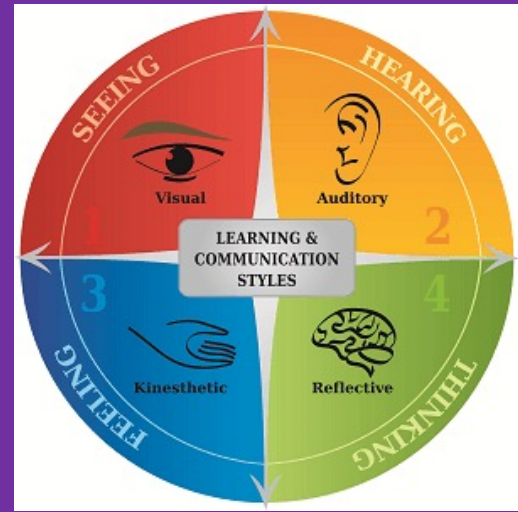




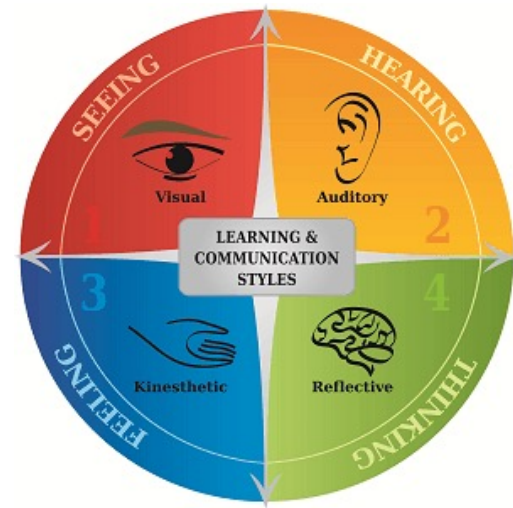














# RECIPE: fav Mac & cheese recipe

## INGREDIENTS:

- one pack mozzarella dairy cheese
- 3 tablespoons nutritional yeast
- 1 cup unsweetened soy milk
- 1 tsp salt
- 2 cloves garlic smashed
- 2 sprigs of thyme
- 1 bay leaf
- pepper to taste



PREP TIME: 5 min  
COOK TIME: 20-25 min  
DIFFICULTY: ✓

RATING: ★★ ★

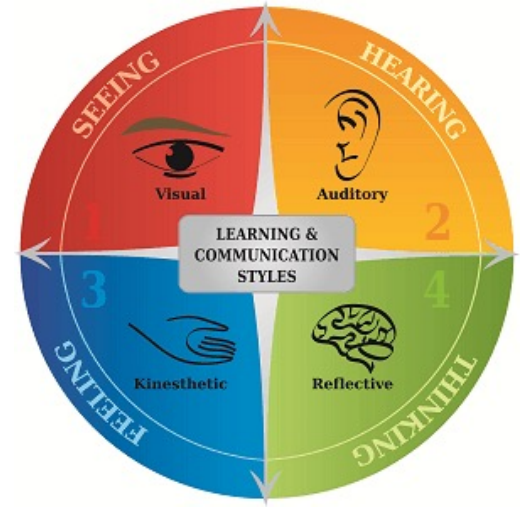
NOTES:  
favorite noodles: Gbetti

add more milk to thin sauce if needed

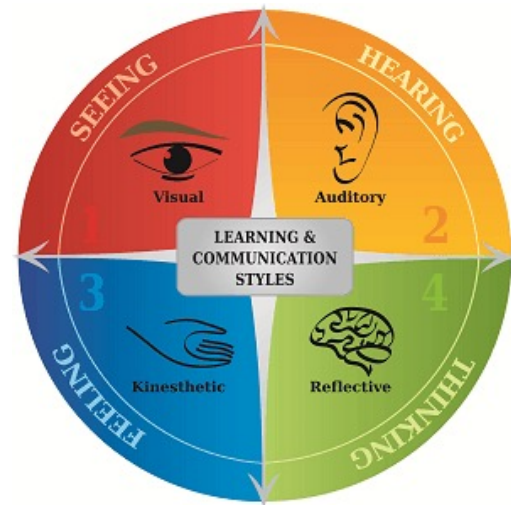
\*extra  
yummy w/ sundried tomatoes + arugula



Made WITH Love

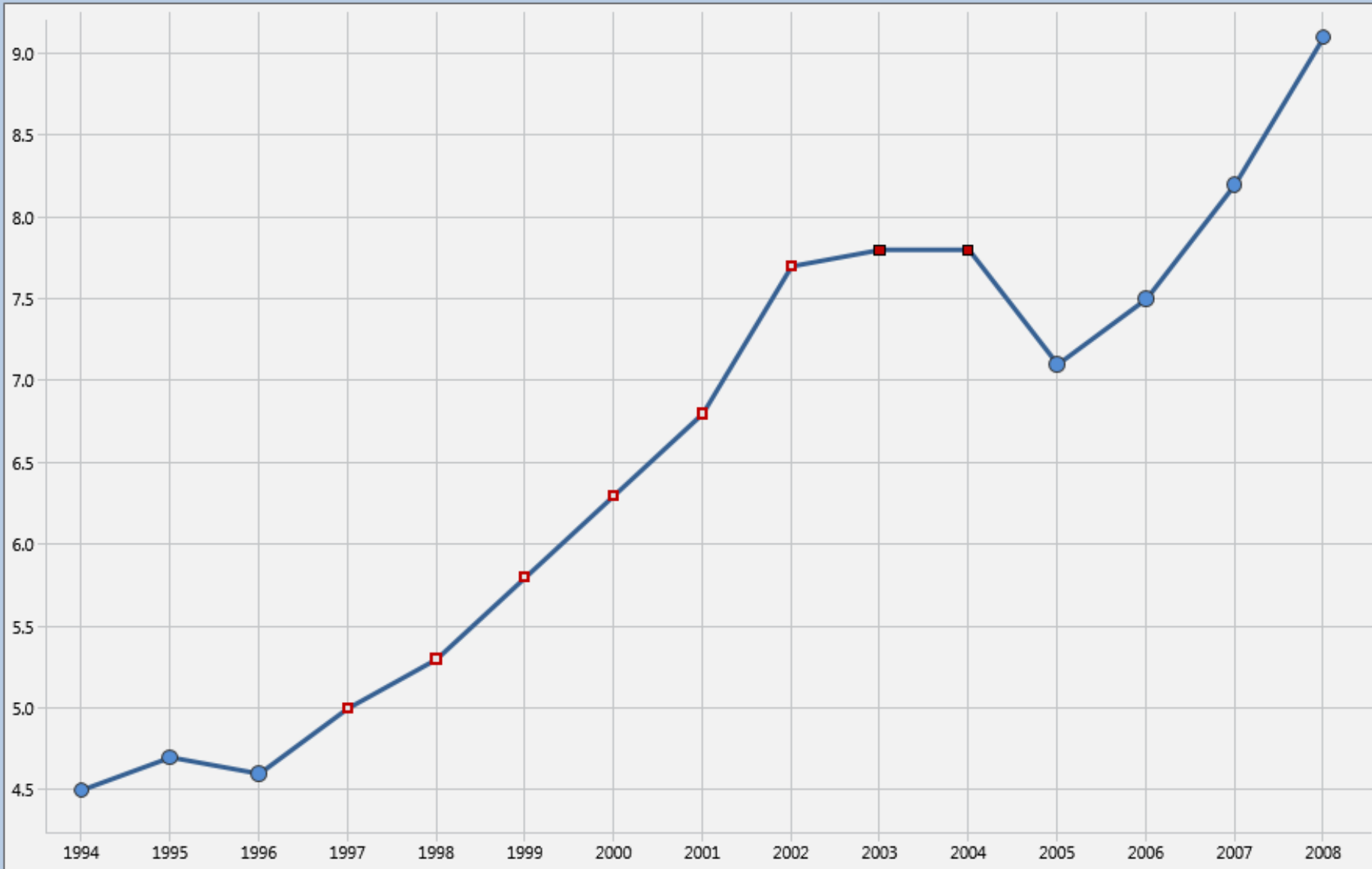




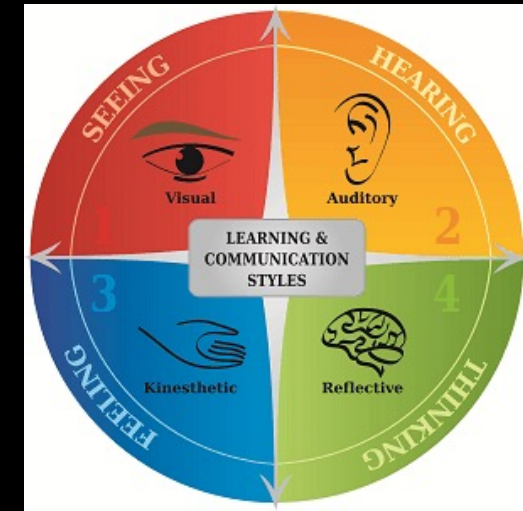




Percent of Ohio Adults diagnosed with Diabetes  
1994 to 2008  
Run chart

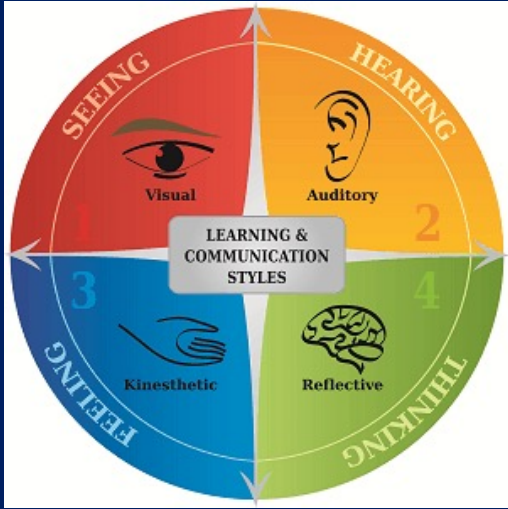


Source: Centers for Disease Control and Prevention

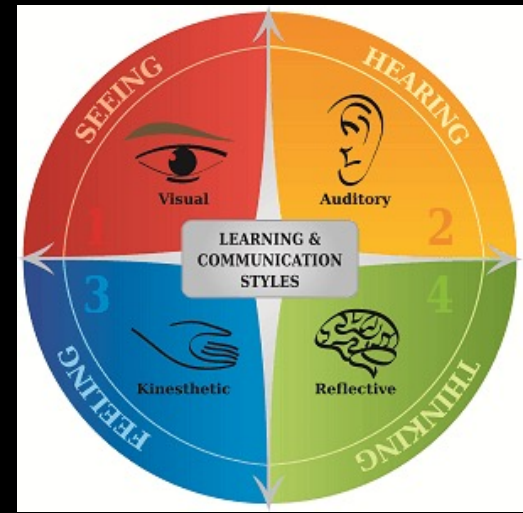
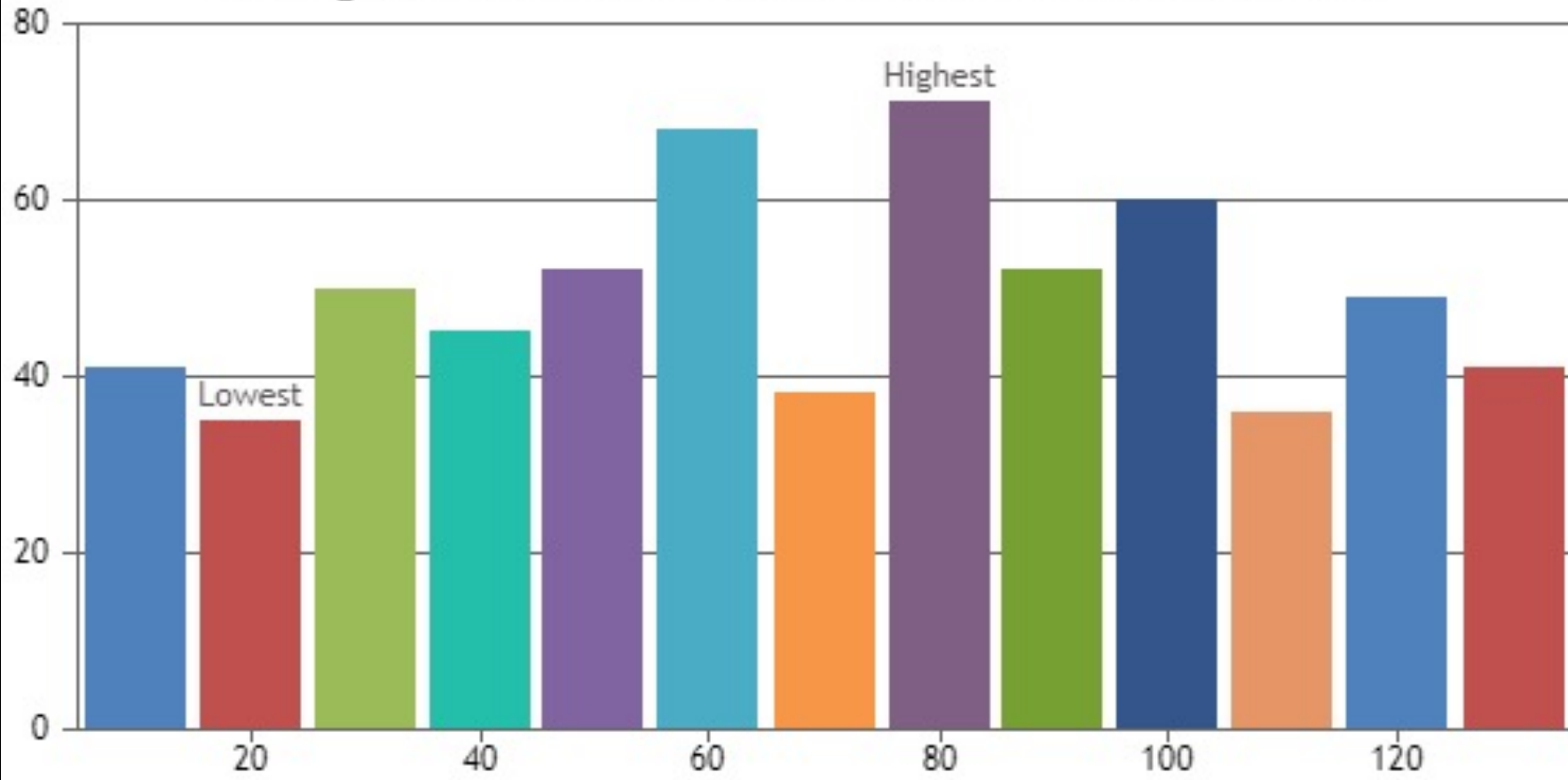




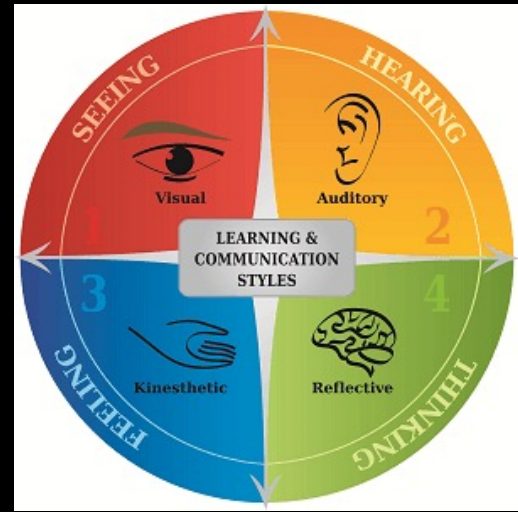


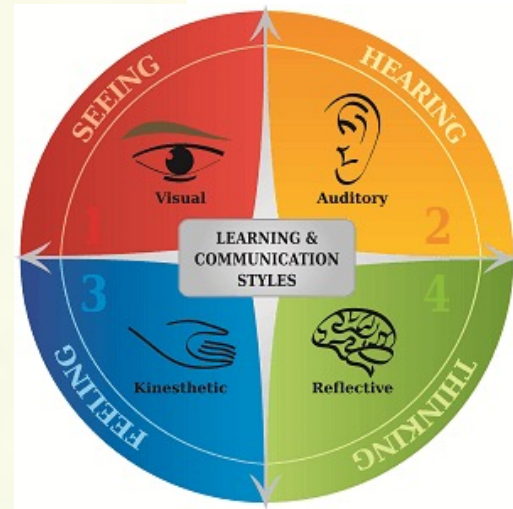


# Simple Column Chart with Index Labels











## VISUAL



Learn best when information is presented visually through images and graphs.

## AUDITORY



Learn best through the spoken word – conversation or audio recordings.

## READING/WRITING



Learn best through text, either reading it or writing notes. AKA “verbal learning”.

## KINAESTHETIC



Learn best when they can interact with their learning environment.

## Visual learners:

- use pictures, charts, graphs for understanding
- like to sit close to the front of the room so they can see the teacher's expressions and body language
- prefer handouts and maps to aural explanations and directions
- highlight their reading with colored markers.



## **Aural learners:**

- participate in class discussions
- read their textbooks aloud when studying
- say things repeatedly silently or out loud to memorize information
- study in quiet places without a lot of distracting noise.

## **Kinesthetic learners:**

- need to think
- move around when learning
- want to do it, not read or hear about it
- study in places with activity and noise so they feel comfortable producing the same



### **Reflective learners:**

- motivated and know what they are trying to achieve and why
- proactive in extending their understanding
- use existing knowledge to develop new ideas
- self-aware to identify, explain, and address their strengths and weaknesses

These four are just a few of the styles you may be familiar with. To make matters a bit more complicated, it is possible for students to learn best using different study styles for different subjects. For example, one student might be better served by using the visual study style for English but remember better using aural study style for math. The possibilities are endless!



# Learning Styles



# Class task 2



Individually, in pair or group, google and present your findings about the 8 learner styles in Slide 17.

- 1) How does each learning style work best? What study tips or tools work best for each learning style? Present them in class.
- 2) Create an album and submit your presentation to the Group Line (with your names and student ID).





# Presentation Time





What is your **LEARNING STYLE?**



# Take home task (individual)

**Deadline: Before the next lecture.**

**Create an album and submit your task to Group Line.**

- 1. Identify your learning style and design a plan which best suits your learning style.**
- 2. What are the study skills that you want to develop?**
- 3. Design a study area which best helps you to develop your study skills based on your learning style.**



# Conclusion

## 7 Study Skills

1. Active Listening
2. Active Reading
3. Note-taking
4. Test preparation
5. Memorization
6. Time Management
7. Stress management

## Learning Styles