

Syllabi



SATS Short Courses

Study Skills

20 Hours

The ability to learn quickly and effectively may be the most valuable skill you can acquire in the modern world. This short course provides an up-to-date summary of the best practices in effective studying. If you master these skills, you will be well equipped to excel in your study and work life.

Learning Objectives

- Demonstrate conviction that study success depends on being a diligent user of good study methods.
- Set SMART goals for each learning journey you undertake.
- Summarise the main ideas presented in a lecture.
- Apply the SQ3R method as an active and engaged reader.
- Take good study notes from lectures and readings.
- Commit to a habit of spending 15 minutes each day reviewing flashcards in a programme that uses spaced repetition.
- Apply sound principles to reduce stress and improve performance in examinations.
- Use the Feynman technique to learn just about anything.

Course Outline

1. Beliefs and goals	60 mins
2. Tools and time	90 mins
3. Listening	60 mins
4. Reading	90 mins
5. Notetaking	2 hours 15 mins
6. Remembering	1 hour 15 mins
7. Testing	1 hour 15 mins
8. Maximising	90 mins

Learning Activities

- Watch the lecture about each study skill and take study notes.
- Complete a number of practice exercises to master each study skill.
- Complete all the quizzes (most units have a quiz).

Assessments

- You need to complete all the interactive lessons and exercises.
- You need to pass the module quizzes.