Make effective use of Study Strategies

Your routines may have to adjust during this time. Look for ways to adapt your usual habits to remote learning. For example:

- Stick to your lecturer’s schedule as much as you can. Staying on a study schedule will help you have a feeling of normality and prevent you from falling behind!
- Ask questions via the chat feature on the discussion forum.
- Close distracting tabs and apps. Humans are not as good at multitasking as they think they are!
- With recorded lectures, concept videos, etc., continue to take notes as you would if you were there in person.
- Watch recordings at normal speed. Research shows that playback speed of 1.5x can lower your retention and can result in lower scores on assessments. Faster playback speeds are worse for complex, multi-step material (which most of your lectures probably are!).

- Minimise your distractions – when possible, work in a quiet space without background noise, consider a white noise app.
- If you always study in groups, try a virtual or even phone-based study session with your classmates.
- If you thrive on tight timelines, now is a great time to work your way through your course schedule at your own comfortable pace. Feel free to create your study routine at your own comfortable pace.
- Decorate your study space with inspirational quotes and pictures.
- Accept that you will have productive and less productive days.
- Have healthy snacks nearby to boost your energy.
- Reward yourself every time you complete a challenging task.
- Review the module outcomes and assessment criteria often to determine if you are following them accurately. Keep a positive outlook when receiving feedback and in your attitude toward successfully completing the module.

USEFUL STUDY TIPS

- Keep a positive attitude.
- Take responsibility for your learning:
  - Regular face-to-face class attendance. You
  - STUDY SESSIONS

<table>
<thead>
<tr>
<th>Time</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Check what you will accomplish in your study plan and get started</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Take a short break to get fresh air and stretch</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch with friends or a healthy snack</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Take a stretch break</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Take another short break</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>End your study session for the day</td>
</tr>
</tbody>
</table>

- Take notes as you would if you were in class.
- Review your notes immediately after class.
- Use flashcards to reinforce your memory.
- Practice self-testing.

- Utilize your resources:
  - There is a wide variety of information and tools available to you as a NWU student on the website http://services.nwu.ac.za/KeepOnTop.
  - Make sure you look at your study plan.
  - Schedule several focused study sessions for each module each week to help you maintain focus.
  - If you are not sure how to cite – refer to the Referencing Guides on the NWU Library website.

- Save your work and check your progress:
  - Check what you will accomplish in your study plan and get started.
  - Take a short break to get fresh air and stretch.
  - Lunch with friends or a healthy snack.
  - Take a stretch break.
  - Take another short break.
  - End your study session for the day.

- Stay engaged and motivated:
  - Minimise your distractions – when possible, create a dedicated separate study area with all the tools and supplies you need (see the section on Staying Organized).
  - To ensure that you stay engaged, check your email and attend daily for updates from your lecturers and also check the NWU COVID-19 website http://services.nwu.ac.za/coronavirus for the latest updates on the academic calendar, COVID-19, and more.
  - “Finally, don’t underestimate the effort needed to fully commit to online learning. To make sure that you stay motivated and engaged in your online learning experience, consider following these tips.”
  - Keep a positive attitude.
  - Take responsibility for your learning:
    - Regular face-to-face class attendance. You
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- Test taking strategies:
  - When studying the module material, take notes. From the different sources of information that you are studying, try to imagine what questions will be on the tests.
  - Before taking a test, you should be sure you understand what the covered material was attempting to convey.
  - How do you know you are preparing to pass the test?

  - Make sure you look at your study plan.
  - Schedule several focused study sessions for each module each week to help you maintain focus.
  - If you are not sure how to cite – refer to the section on Staying Organized.

- Periodically evaluate your own progress:
  - Review the module outcomes and assessment criteria often to determine if you are following them accurately. Keep a positive outlook when receiving feedback and in your attitude toward successfully completing the module.

- Practice self-care:
  - Breaks form studying is also important. Connect with friends and family via WhatsApp call, FaceTime or Skype.
  - Try a home workout or a mindfulness activity on calm.com.
  - Do your best to maintain a healthy, sleeping and eating routines.

- Honours and integrity:
  - Make sure to review the NWU University’s policy on academic integrity. If you are not sure if collaboration with classmates is allowed, use Avoid plagiarism by using the correct citations (APA / Harvard). If you are not sure how to cite – refer to the Referencing Guides on the NWU Library website.

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