



UNIVERSITY OF ECONOMICS AND LAW





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Keys to Effective Learning:

Study Skills & Habits for Success



Learning at University

- A lecturer is only an instructor who helps students in finding learning materials and research
- Students are self-disciplined and self-responsible for their own learning outcomes

Teaching at University

	Traditional model	Modern model
Opinion	 Acquiring and perceiving Forming knowledge, skills, thoughts, and feeling 	 Constructive process: exploring, practicing Self-forming knowledge, capacity and qualities
Nature	 Conveying and transmitting lecture's knowledge 	 Organizing activities for students to self-conduct knowledge Instruct students how to find the knowledge

Teaching at University

	Traditional model	Modern model
Purpose	 Providing knowledge, skills and techniques. Learning to do exams. 	 Forming capabilities (creative thinking, cooperation,), scientific working methods, learning method Learning to meet the social requirements at present and in the future
Content	Course booksLecturers	 Course books, lecturers Research documents, practical cases

Teaching at University

	Traditional model	Modern model
Methodology	• One-way conveying	 Inquiry, investigation and problem solving Interacting in teaching.
Organizational form	 Permanent: Limited in classrooms Study with a lecturer 	 Flexible: classroom, lab, practical session Individual, pair or group learning

Introduction of CDIO

- **Conceive Design Implement Operate (CDIO)**: represents the entire lifecycle of a product/process/system, to start from an idea or an identified need, and then develop, implement, take into operation and use.
- CDIO is an initiative formed by the international collaboration of the engineering departments of the Massachusetts Institute of Technology (USA) and Swedish universities.
- Training students to develop comprehensively:
 - Knowledge
 - **Skill**
 - Attitude

The Learning Pyramid – Edgar Dale 1969



Difficulties When Studying at University

- Laziness
- Delay habit
- Addicted to video games, Internet, TV
- Lack of patience, easy to give up
- Make mistakes due to carelessness

- No interest in the subject
- Teaching method is not attractive
- Easily distracted, poor concentration
- Poor memory
- Not understand the lesson

- Learning infrastructure
- Fear of exams
- Under pressure from family
- Time constraint
- Many things to learn
- Social issues

How To Be Successful at University?

Self-study: the study of oneself and one's own practice and involves a moral commitment to gain knowledge



- Explore, observe, describe, explain
- Solve problems

 Express your knowledge by words, speech or presentation

Discuss with classmates and instructors

Express

- Receive comments and suggestions
- Evaluate and correct

Correct

Research

How To Be Successful at University?

Study group

- ❖ Form a group of 3 5
- Leader and member role
- Set up goals, KPIs, timeline
- Meetings: contents, schedules, assignments, results









Learning Strategy

- Search and research
- ■Engage lectures
- Take notes and record
- ■Q&A
- Essay and report writing
- Review and test

9 Steps to an Effective Learning Process

- Step 1: Set clear and measurable goals
- Step 2: Make a study plan with reasonable schedules
- Step 3: Act consistently
- Step 4: Apply effective reading methods
- Step 5: Apply effective note-taking methods
- Step 6: Apply effective memorization techniques
- Step 7: Apply theory to practice
- Step 8: Speed up for the exams
- Step 9: Take the exam

Reading Effectively

SQ3R

Survey

Question 5W3H

Read

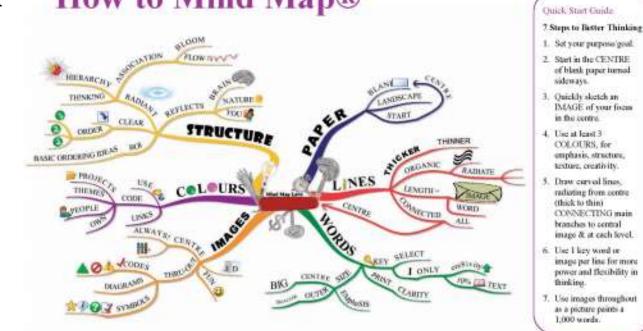
Recite

Review

Taking Notes Effectively

- Not everything the lecturer says
- Highlight main points

Use flowchart and mind map to visually organize information How to Mind Map®



of blesk paper turned

IMAGE of your focus in the centre.

COLOURS, for

emphasis, structure, texture, creativity. Draw corved lines.

radiating from centre (thick to thin) CONNECTING main branches to central image & at each fevel.

image per line for more

power and flexibility in

an a picture paints a 1,000 words.

thinking.

sideways.

Memorize Effectively

- Step 1: Identify keywords to help remember each main idea, remember the topic
- Step 2: Convert keywords into symbolic images
- Step 3: Combine all the pictures into a paradoxical and funny story
- Step 4: Draw the story's evolution on paper
- Step 5: Review the picture of the story at least 3 times

Review for Exams Effectively

- Fully prepare mind maps of all lessons
- Compile a list of question types and answers
- Complete assignments, projects, tests and analyze any errors encountered
- Refer to the exam experience of previous students
- Make a timetable to study for the exams

Create Motivation to Learn

- Define learning goals
- Overcome laziness, reprogram your brain in 5 steps:
 - 1. Write down all the possible consequences if you continue to be lazy
 - 2. Use your imagination to clearly feel the suffering if you continue to be lazy
 - 3. Imagine more joy, good things when achieving high results
 - 4. Imagine to feel and experience the ultimate joy that comes from hard working
 - 5. Break old and bad habits, build new and good ones