

# I DON'T KNOW HOW TO STUDY



T: +27 51 401 2853 / +27 58 718 5125 / +27 51 505 1989 / E: [scd@ufs.ac.za](mailto:scd@ufs.ac.za) / [scclqq@ufs.ac.za](mailto:scclqq@ufs.ac.za) / [scdsouth@ufs.a.za](mailto:scdsouth@ufs.a.za)  
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# I DON'T KNOW HOW TO STUDY

Lize van den Bergh

## TRANSITIONING TO UNIVERSITY

The transition from school to university can be daunting, as there are quite a few differences in terms of the class times, activities and responsibilities. Adjusting your study methods might help you manage these changes more effectively. Study methods consist of many important behaviours and techniques. Because university is different to school, the sooner you learn how to adapt to these changes, the better you will manage.



*Learn how to adapt to new demands - University has unique challenges.*



*Assess your current study methods - What needs to change?*

“ Start where you are. Use what you have.  
Do what you can.  
Arthur Ashe

”

## 4 TIPS TO BEAT PROCRASTINATION

- 1) Become aware that you are procrastinating
- 2) Determine why- is it because of the task or because of you?
- 3) Break the task down into smaller tasks
- 4) Set rewards for yourself for completing the task

## WHAT IS THE SQ3R METHOD?

### Survey:

Scan your textbook/workbook to get an overview of the work

### Question:

Ask yourself possible questions/set up a mock exam

### Read:

Read thoroughly and actively, focusing on your questions

### Recite:

Try to answer the questions you set up for yourself

### Review:

Look back at the work and identify areas you need to focus on

## MEMORY TECHNIQUES

There are a variety of memory techniques out there. Determine which one works the best for you.

Here are some general tips:

1

Use as much **colour** as possible when studying

2

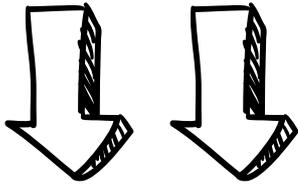
Use as many of your **senses** as possible (hearing, writing down, drawing, watching relevant videos, telling someone about your studies, etc.)

3

Use **mindmaps** and make it colourful



## 7 TIPS TO BEAT TEST & EXAM ANXIETY



- 1) Ensure that you know the format of the assessment
- 2) Prepare well in advance
- 3) Read through all the questions carefully
- 4) Do not worry about others either finishing before or after you
- 5) Move on to the next question if you get stuck
- 6) Let go afterwards - you can't change it now
- 7) Reflect on what you did well and how you can improve next time



## WHY DO WE BECOME ANXIOUS?

Students are either anxious because



they are underprepared

or



they have underlying anxiety or self-doubt.

A little bit of stress is good as it motivates you to study, but if your stress is making it difficult to function, you need to start managing it.

Naturally, if you didn't prepare enough, it is quickly solved by changing your habits in time for your next test or exam to decrease anxiety. If you did prepare sufficiently, but still struggle with test/exam anxiety, try some of these tips and refer to the section in this toolkit on stress management.



# MOTIVATION

It is normal to lose motivation on occasion, so prepare for circumstances that might impede your motivation. For example, if you don't feel like studying when you are stressed out, learn how to manage your stress.

Common demotivators:

- Fatigue
- Hunger
- Stress
- Distractions (cellphone, people, etc.)

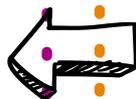
*What demotivates you?*

*How can you counter these?*



*Why is your degree important to you?*

*Set some rewards for yourself below:*





# RESOURCES



## WEBSITES

[www.mindtools.com](http://www.mindtools.com)

[www.success.oregonstate.edu](http://www.success.oregonstate.edu)

[www.lifehack.org](http://www.lifehack.org)

## APPS

Wanderlust

MyScript Smart Note

Evernote

## CONTACT US AT:

+27 51 401 2853 (BFN)

+27 58 718 5125 (QQ)

+27 51 505 1989 (SOUTH)

[scd@ufs.ac.za](mailto:scd@ufs.ac.za)

[scdqq@ufs.ac.za](mailto:scdqq@ufs.ac.za)

[scdsouth@ufs.ac.za](mailto:scdsouth@ufs.ac.za)

## BOOKS

"How to Become a Straight-A Student: The Unconventional Strategies Real College Students Use to Score High While Studying Less"

by Dr. Cal Newport

"10 Steps to Earning Awesome Grades (While Studying Less)"

by Thomas Frank

"The Science of Accelerated Learning: Advanced Strategies for Quicker Comprehension, Greater Retention, and Systematic Expertise"

by Peter Hollins

"How To Study With Mind Maps: The Concise Learning Method for Students and Lifelong Learners" (Expanded Edition)

by Toni Krasnic