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**Learning Style: On Demand**

**Provider:**

**Difficulty: Beginner**

**Course Duration: 2 Hours**

## **Study and Learning Skills For College and University Students**



### **About this Course:**

Many people go to university and college and do not know how to get the best out of their education. This is often because they have not been taught how to study in an effective and healthy way. In this course, you will learn how to study whilst you

enjoy your college and university experience. You will also learn to do this in a way that does not tire you out.

## **Audience:**

- This course is designed for absolute beginners, who are not sure how to get the best out of their studies, especially useful for college and university students who are entering the brave new world of advanced education.

## **Course Outline:**

- Introduction
- How The Brain Works
- Modes Of Thinking
- Competency
- Study Techniques Part 1 Familiar Practices and Notorious Practices
- Study Techniques Part 2 Elaborative Interrogation
- Study Techniques Part 3 Self Explanation
- Study Techniques Part 4 Practice Testing
- Study Techniques Part 5 Spaced Repetition
- Study Techniques Part 6 Interleaving
- Thank You - references to students getting in touch

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