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MAXIMIZING STUDY EFFICIENCY ?

Which study tips are you giving yourself?

Which study tips do not seem to work for you?

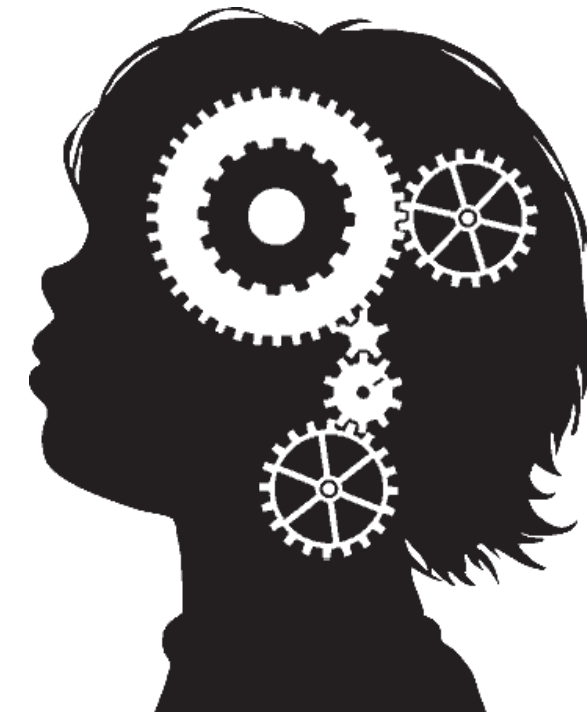
MODEL

Study success

Competence

Motivation

Efficiency



Efficiency



How to think as a scientist/engineer?

- Ask questions
- Make connections and structure
- Plan your approach



How to reach a deep understanding in the subject matter?

- Which questions should I ask myself?
- What do I pay attention to?

The main problem is that without taking the necessary precautions almost always cracks appear in the casing. This causes the contents irrevocably to leak, leading to a very unaesthetic whole. To prevent this from happening one has to detect the air reservoir first. Next this has to be equipped with an opening. Extreme caution is advised during this operation. When this is done an increase in volume by heating will no longer trigger a pressure rise. This way the bursting of the casing by pressure relief will have become impossible.

Efficiency



How to think as a scientist/engineer?

- Ask questions
- Make connections and structure
- Plan your approach



How to reach a deep understanding in the subject matter?

- Which questions should I ask myself?
- What do I pay attention to?
- How do I build a toolbox of knowledge and skills to rely upon?
- What can you achieve by exploring/applying a toolbox?
- When do I need to start processing the subject matter?

STUDYING IS EASY



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- Deliver **high-quality work** in your **productive hours**.
- Perform **support tasks** in your **less productive hours**.
- Relax, sleep, eat in your **unproductive hours**.
- Reconsider **lost hours**.

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Support work: orientation (= set concrete objectives)

Quality work: comprehension (= search and find answers and structure) and consolidation (= structure to memorise and recall) followed by active revision

Make productive hours of high-quality by doing first support work.

Making a course ready to study is simply delaying the inevitable.

Thus, studying for the exams starts in the first few weeks of the semester. The principles of studying efficiently remain the same. If you start relatively early, you can make optimal use of your long-term memory.



vague

Because it must be done
For the examination

I never
knew I was
addicted,
until I tried
to stop.

HPLYRIKZ.COM

concrete

Because I want to
Know it for now

NO! TRY NOT.
DO, OR DO NOT.
THERE IS NO TRY.
- YODA



4 rules

concrete instead of **vague**

want instead of **must**

now instead of **towards examinations**

Kick bad habits/emotions/thoughts/procrastination
excuses

Ideal student does not exist.

Each student has to choose the appropriate approach for him/herself.

Normalize studying:

Study for contents instead of examinations.

Much more interesting and natural.

Student decides



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