



## COURSE INFORMATION

- ✓ 100% online
- ✓ Delivered in English
- ✓ Suitable for ages 13-20
- ✓ EtonX certificate

# Study Skills

Unlocking the full potential of your study time has become crucial in today's fast-paced and distracting world.

It is vital to comprehend how people learn and to use evidence-informed techniques for academic success. Our Study Skills course aims to equip you with the best strategies to become a more engaged and efficient learner and fulfil your academic potential.

# WHAT WILL I LEARN IN THE ETONX STUDY SKILLS COURSE?

## ORIENTATION

### INTRODUCTION

- Meeting your Course Director
- Meeting the student interviewees in your course
- How to Study with EtonX
- Completing your entry Diagnostic Test

## SECTION 1

### BECOMING AN INDEPENDENT LEARNER

- Understanding executive functioning
- The causes of procrastination
- Overcoming procrastination
- Goal-setting and learner personas

## SECTION 2

### METACOGNITION

- Understanding metacognition
- Self-questioning to improve metacognition
- Using feedback
- Reflecting on your studies

## SECTION 3

### GETTING ORGANISED

- Effective Reading Strategies
- Effective Listening Strategies
- Note-taking strategies
- Organising your study space

## SECTION 4

### IMPROVING YOUR MEMORY

- Types of memory
- Working memory
- Long-term memory
- Evidence-informed revision techniques

## SECTION 5

### PRIORITISING AND TIMEKEEPING

- Understanding time perception
- Evaluating time management
- Strategies to improve time management
- Creating a study timetable

## SECTION 6

### BOOSTING YOUR CONFIDENCE FOR EXAMS

- The power of motivation
- The behaviours of top performers
- Preparing for the exam countdown
- Managing the day of the exam

## SUMMING UP

- Completing your exit Diagnostic Test
- Completing your final assessment - the Knowledge Test
- Completing your Personal Development Plan