



# Effective Studying

## A course for students

Student Service Centre

Erwin Uildriks & Maple Hupkens



university of  
 groningen

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Erwin Uildriks

Maple Hupkens



university of  
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# Effective Studying - Course Facts







## Course Facts

- › Target population: all students voluntarily
- › Location Student Service Centre
- › Duration: 2 hours per week for 6 weeks
- › Group size 8 - 10
- › Participation fee: E 40,-
- › The course has been given 17X in the academic year 2010-1011.

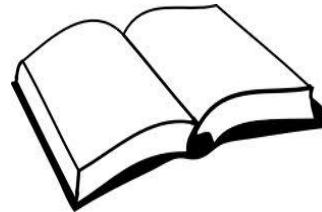
# VSP/DLV Questionnaire

F1	I can't stop thinking about my work, even when I try to relax.
F2	When I start working on some task, I think that I won't be able to manage it.
F3	At times I feel struck by panic while studying.
F4	I often can't get to sleep because I have to think about my work.
F5	I feel guilty when I'm not working.
F6	I often feel too depressed to concentrate adequately on my work.
F7	I am afraid to be overwhelmed by panic during examinations. I often have the impression that other people know more than I do. that all my weak points will show up at examinations. with my work. in order to smoke a cigarette, have coffee,

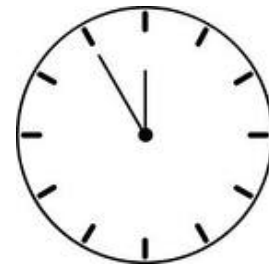


# Two main components:

- › Studying texts

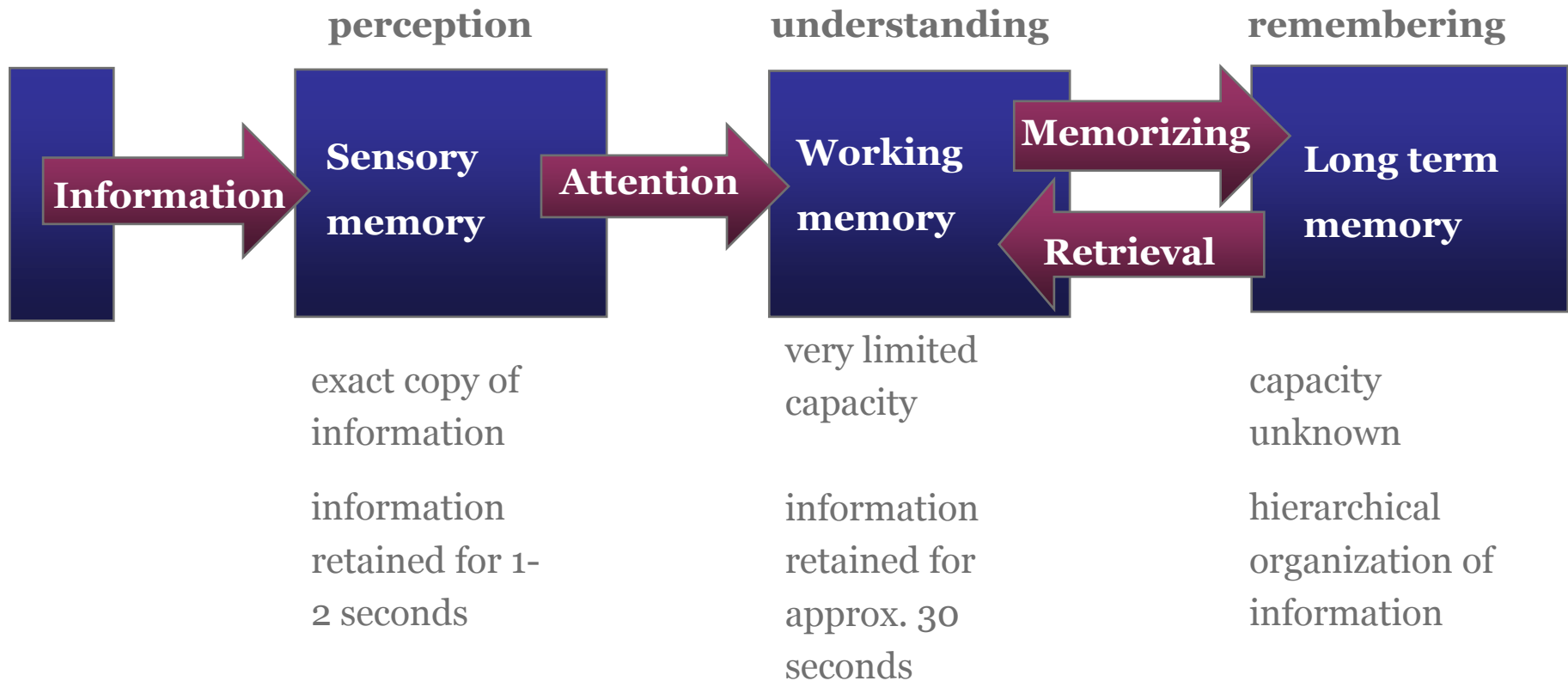


- › Planning & Time-Management





# How does your memory work?



**CHAIR**

**TABLE**

**ROOM**

**CARPET**

**BOOK**

**GLASS**

**COUCH**

**LIGHT**

**PAPER**

**DRESSER**

**WINDOW**

**DOOR**

**KITCHEN**



RED

YELLOW

RED

BLUE

GREEN

WHITE

GREEN

BLUE

GREY

BLACK

RED

RED

BLUE





bicycle

Groningen

wardrobe

elephant

poster

armchair

appointment

doggy bag

strategy

restaurant

telephone

strawberry

marathon

survival

tumbleweed

cd-player

floppy disc drive

mailbox

procrastination

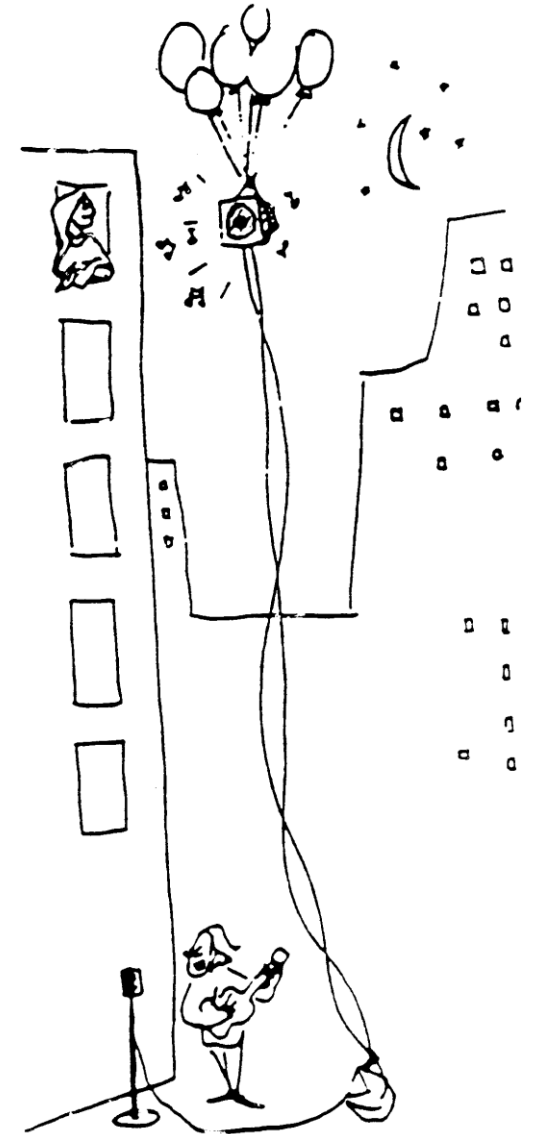
perfectionism

schedule

asphalt



If the balloons would explode, the sound wouldn't travel far enough. Things would be too far from the right floor. A closed window would also block the sound. Most buildings are well isolated these days. The entire activity depends on a constant flow of electricity. So, a broken wire would give serious problems. Of course the boy could shout and scream, but the human voice isn't loud enough to cover such a distance. The possibility of a snapping string is an additional problem: the message could not be accompanied. It's clear that things would be easier when the distance is small. He would run much less risks. A face-to-face contact would solve most difficulties.









› **Preview a Book:**

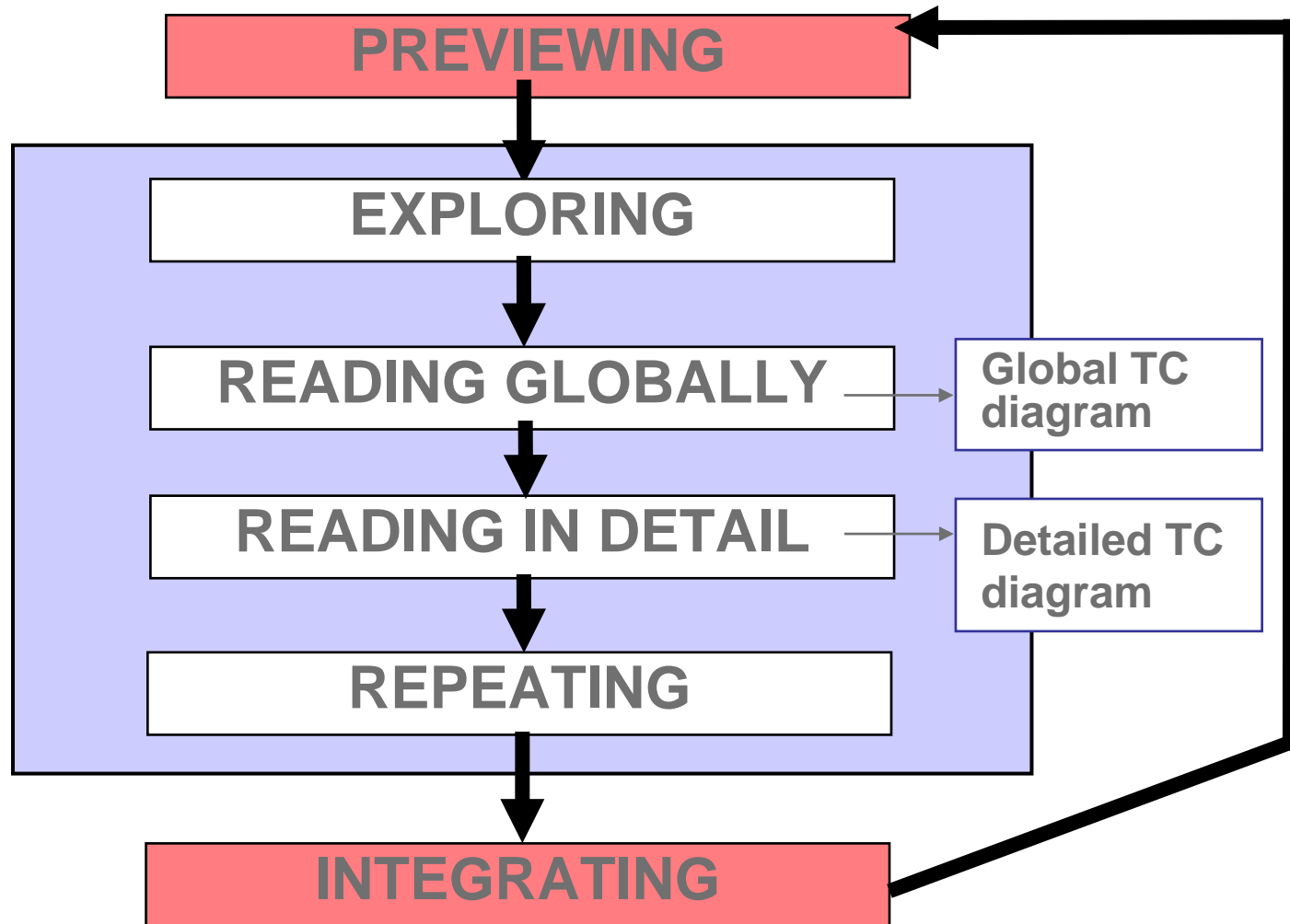
**Titel? Author? Back flap?  
Contents? Introduction? Summary?**

› **Explore Chapter:**

**Titel? Headings? Introduction?  
Conclusion?**

› **Read Chapter Globally:**

**Bold and italic words? First/last sentence  
of a section?**





## TC diagram





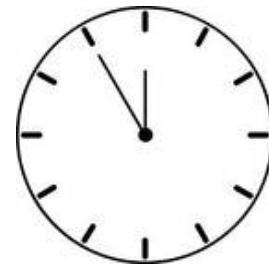


## Two main components:

- › Studying texts



- › Planning & Time-Management





# Making a planning

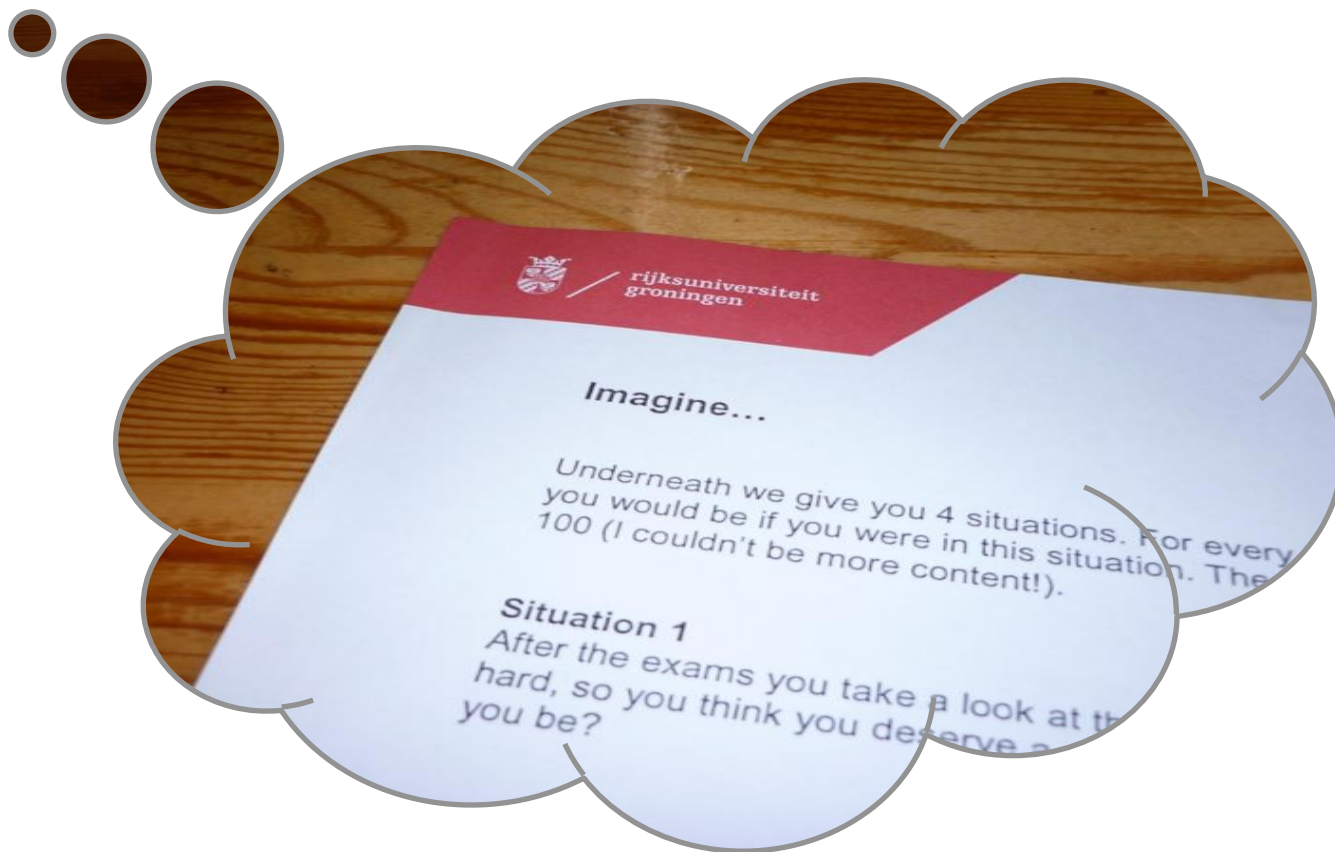
## *Why?*

- › Overview
- › Timely alarm bells
- › Less stress
- › REAL SPARE TIME





# Imagine...







# Making a planning

## *Why?*

- › Overview
- › Timely alarm bells
- › Less stress
- › REAL SPARE TIME
- › ...









# Making a planning

## *Why?*

- › Overview
- › Timely alarm bells
- › Less stress
- › REAL SPARE TIME
- › People are still animals  
(to some degree)







# Calculation

A week  $7 \times 24 =$  168 hours

Sleeping  $7 \times 8 =$  56 hours

Studying  $5 \times 8 =$  40 hours

leaves you... **72 hours!**

**Studying for 5 days per week?** 8 hours a day off + the entire weekend

**Studying for 7 days per week?** 10 hours a day for other activities!



*“Where does  
my time go?”*

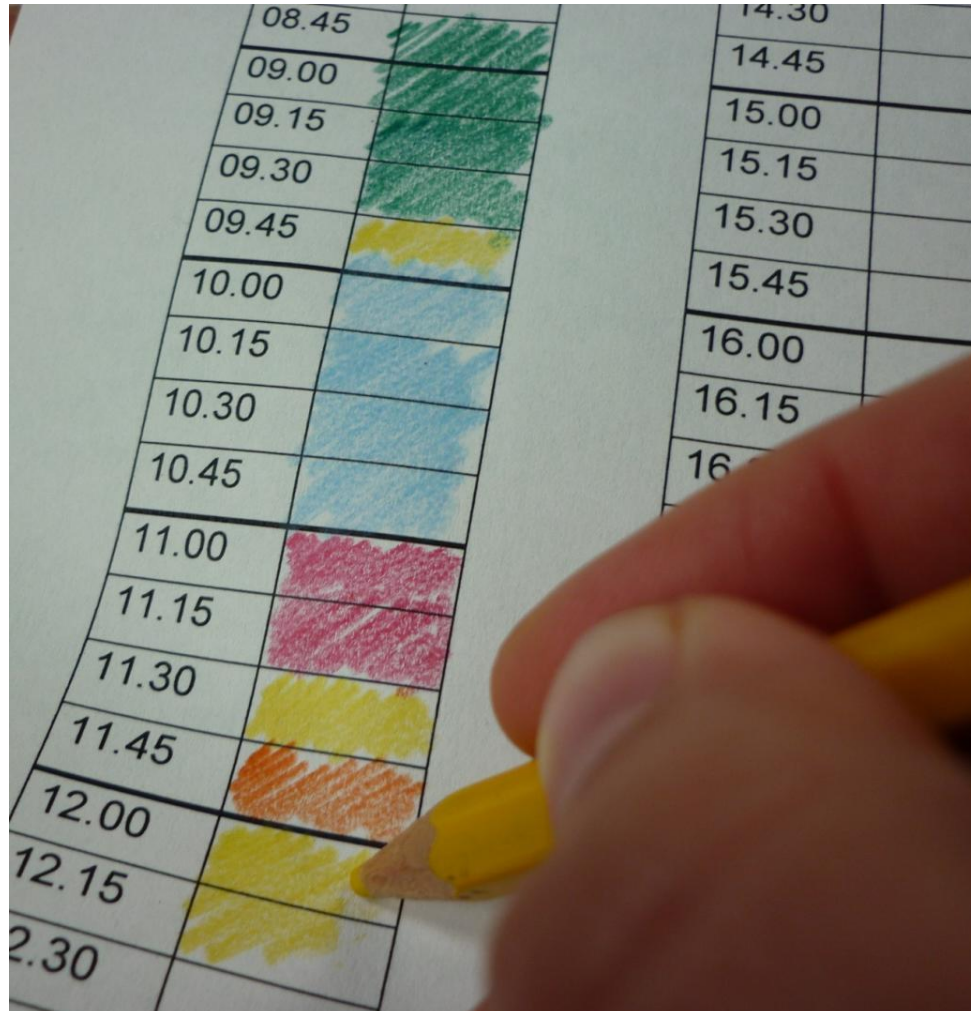
Overview per day											
Day:											
08.00			14.00			20.00			02.00		
08.15			14.15			20.15			02.15		
08.30			14.30			20.30			02.30		
08.45			14.45			20.45			02.45		
09.00			15.00			21.00			03.00		
09.15			15.15			21.15			03.15		
09.30			15.30			21.30			03.30		
09.45			15.45			21.45			03.45		
10.00			16.00			22.00			04.00		
10.15			16.15								

16.00		
16.15		
16.30		
16.45		

Yellow =  
Black =  
Green =  
Orange =  
Red =

Sleeping and personal care  
Eating, groceries, cooking, laundry,  
Working in a job  
Relaxing: study break, reading, music  
Wasting time on 'nothing'  
Taking classes, workgroups  
Traveling  
Studying or working





*Getting an  
overview and  
taking control  
again*

*Small weakly  
behavioral  
experiments*



# S.M.A.R.T. Planning

**S** pecific

**M** easurable

**A** chievable

**R** ealistic

**T** ime-bound









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# Thank you for your attention

