



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Study Skills for Successful Postgraduate Study

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Student Learning Development



Active Studying

Explore the difference between effective and ineffective study



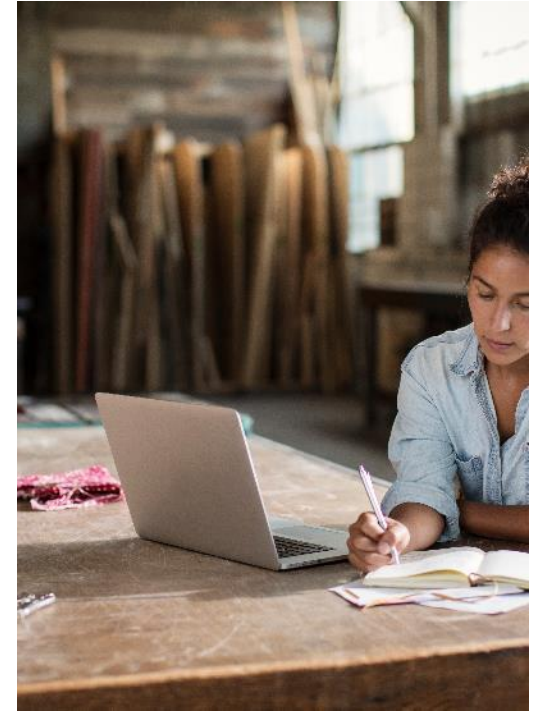
Study Strategies

Learn about effective study strategies and how you might apply to your study



Self-Management

Discuss the importance of self-management for effective study



Further Resources & Support

SLD Services

<http://www.tcd.ie/student-learning>

- ✓ Workshops
 - ✓ <https://student-learning.tcd.ie/workshops/undergraduate/>
- ✓ Individual Appointments
 - ✓ <https://student-learning.tcd.ie/services/one-to-one/individual.php>
- ✓ Academic Writing Centre
- ✓ Blackboard Online resources, videos, webinars, handouts
- ✓ student.learning@tcd.ie



INDIVIDUAL SUPPORT

If you need support with any area of Academic/Learning Skills e.g. assessment, self management, procrastination, organisation, study skills, PG thesis/viva or any general query you have.

[BOOK NOW](#)

Active Studying



Important ingredients for successful learning

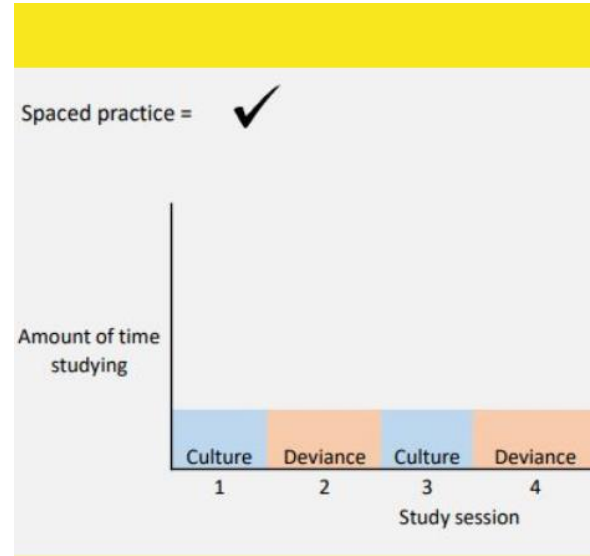
1. The intention and desire to learn
2. Paying close attention to the material as you study
3. Learning in a way that matches your personal learning style
4. The time you spend studying
5. What you think about while studying

Which do you think is the most important???

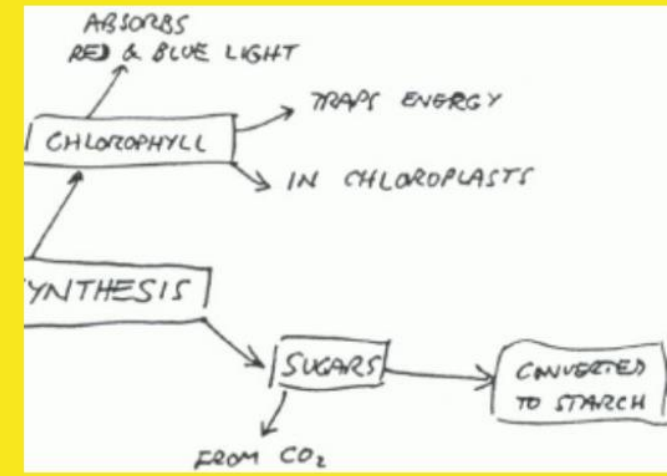
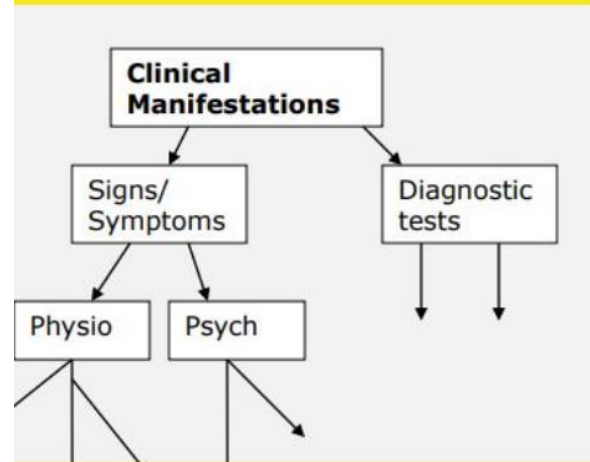


Effective Learning Strategies

- ✓ Spaced/distributed practice ☆
- ✓ Practice testing ☆
- ✓ Discussion
- ✓ Visualisation
- ✓ Elaboration/verbalise
- ✓ Making associations/personalise
- ✓ Teaching/explaining
- ✓ Recognise patterns/organize info



Soil Types:	Properties	Climate
Pedalfer	Sandy, light-colour top Iron oxide, alum-rich clay	Temp h
Pedocal		
Laterite		



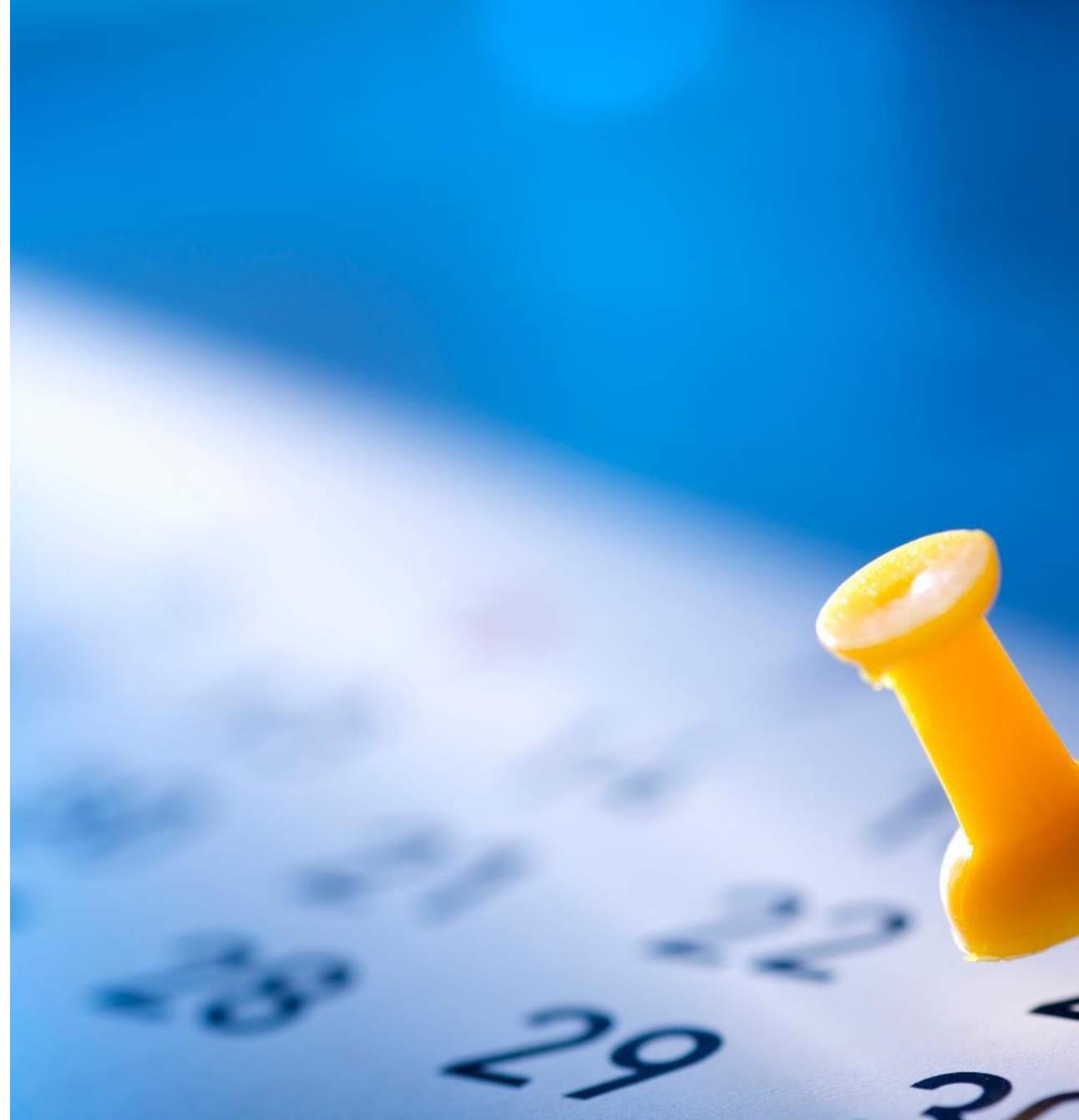
Organisation & Time Management



Managing time & workload

- ✓ Structure your environment, minimise distractions
- ✓ Establish a routine
- ✓ Schedule study sessions
- ✓ Prioritise
- ✓ **Start now!**

	High Urgency	Low Urgency
High Importance	1 Do it now	2 Plan to do it
Low Importance	3 Resist giving it high priority	4 Time Wasters Busy work



Managing your goals

S = Specific

M = Measurable

A = Action-related

R = Realistic

T = Time-based

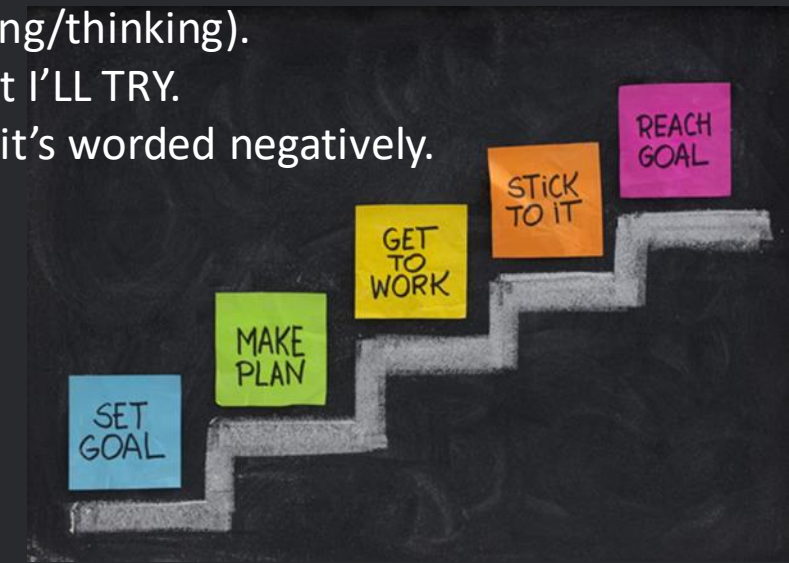
SMART is a useful framework for goal setting, particularly for short-term goals like study goals or tasks.

Specific, measurable and realistic goals tend to lead to better effort and persistence.

SMART goals lead to outputs which make you feel productive.

When setting goals:

- Write the goal down. We are more likely to do things we write down (as opposed to saying/thinking).
- Make a commitment, I WILL not I'LL TRY.
- Make goals positive, reframe if it's worded negatively.



Scheduling – use a system

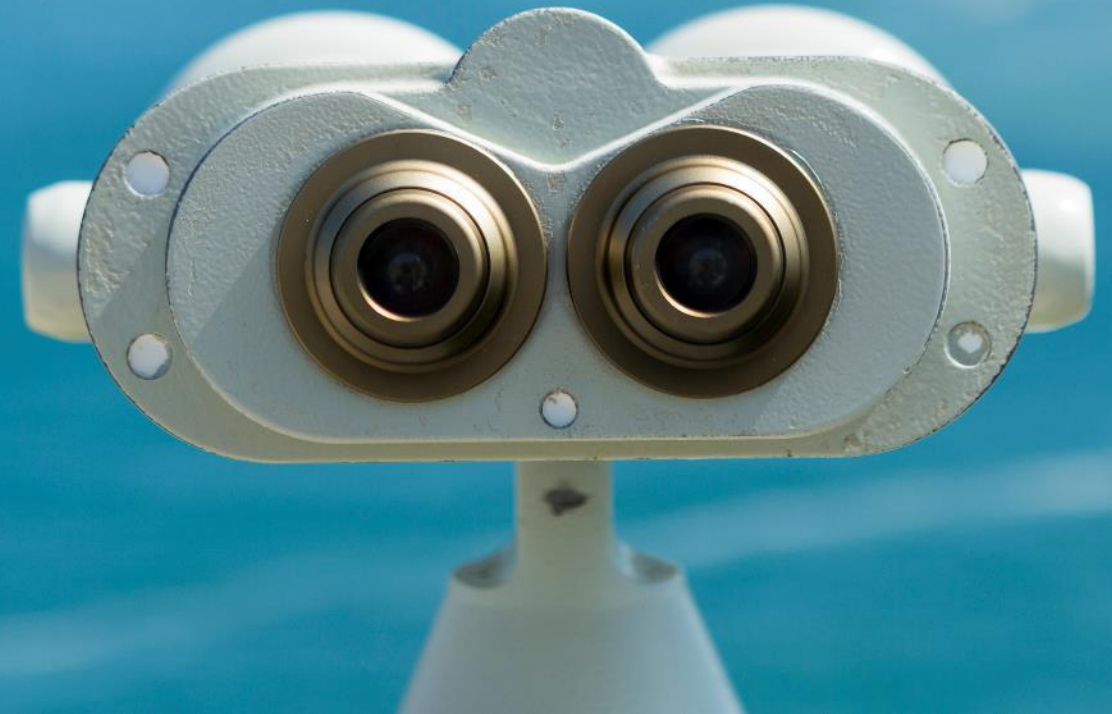
- ✓ Term Planner
- ✓ Timetables
- ✓ To do lists
- ✓ Relaxation time
- ✓ Monitor, evaluate, reward

2018	January	February	March	April	May	June	July	August	September	October	November	December
M	1	–	–	–	–	–	–	–	–	1	–	–
T	2	–	–	–	1	–	–	–	–	2	–	–
W	3	–	–	–	2	–	–	1	–	3	–	–
Th	4	1	1	–	3	–	–	2	–	4	1	–
F	5	2	2	–	4	1	–	3	–	5	2	–
S	6	3	3	–	5	2	–	4	1	6	3	1
Su	7	4	4	1	6	3	1	5	2	7	4	2
M	8	5	5	2	7	4	2	6	3	8	5	3
T	9	6	6	3	8	5	3	7	4	9	6	4
W	10	7	7	4	9	6	4	8	5	10	7	5
Th	11	8	8	5	10	7	5	9	6	11	8	6
F	12	9	9	6	11	8	6	10	7	12	9	7
S	13	10	10	7	12	9	7	11	8	13	10	8
Su	14	11	11	8	13	10	8	12	9	14	11	9
M	15	12	12	9	14	11	9	13	10	15	12	10
T	16	13	13	10	15	12	10	14	11	16	13	11
W	17	14	14	11	16	13	11	15	12	17	14	12
Th	18	15	15	12	17	14	12	16	13	18	15	13
F	19	16	16	13	18	15	13	17	14	19	16	14
S	20	17	17	14	19	16	14	18	15	20	17	15
Su	21	18	18	15	20	17	15	19	16	21	18	16
M	22	19	19	16	21	18	16	20	17	22	19	17
T	23	20	20	17	22	19	17	21	18	23	20	18
W	24	21	21	18	23	20	18	22	19	24	21	19
Th	25	22	22	19	24	21	19	23	20	25	22	20
F	26	23	–	–	–	–	–	–	–	–	–	–
S	27	24	–	–	–	–	–	–	–	–	–	–
Su	28	25	–	–	–	–	–	–	–	–	–	–
M	29	26	–	–	–	–	–	–	–	–	–	–
T	30	27	–	–	–	–	–	–	–	–	–	–
W	31	28	–	–	–	–	–	–	–	–	–	–
Th	–	–	–	–	–	–	–	–	–	–	–	–
F	–	–	–	–	–	–	–	–	–	–	–	–
S	–	–	–	–	–	–	–	–	–	–	–	–
Su	–	–	–	–	–	–	–	–	–	–	–	–
M	–	–	–	–	–	–	–	–	–	–	–	–
T	–	–	–	–	–	–	–	–	–	–	–	–

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning							
Morning							
Afternoon							
Evening							
Late Evening							

Organising everything else!

- ✓ Technology
- ✓ Document Management
 - ✓ Folders/papers/binders
 - ✓ Online folders
 - ✓ Local drives
 - ✓ Backups
 - ✓ Versions
- ✓ Research management
 - ✓ Reference management systems – EndNote, Mendeley...
 - ✓ Library
- ✓ Microsoft Office - <http://lil.tcd.ie/>



Academic Writing



Academic Writing

- ✓ Don't get overwhelmed
- ✓ Look at your handbook
- ✓ Referencing Style
- ✓ Formal writing
- ✓ Based on evidence
- ✓ Ask your lecturer

Tools and supports:

- Introduction to Academic Writing Workshops
- Academic Writing Centre – appointments, workshops, resources
- English language support - CELT
- Plagiarism guides from the TCD Library Service



ACADEMIC WRITING CENTRE

RUN BY STUDENT LEARNING DEVELOPMENT (SLD), TCD

Could you use some guidance on your writing skills??

REE!!!

30min ONLINE INDIVIDUAL sessions

Book yourself an appointment today!

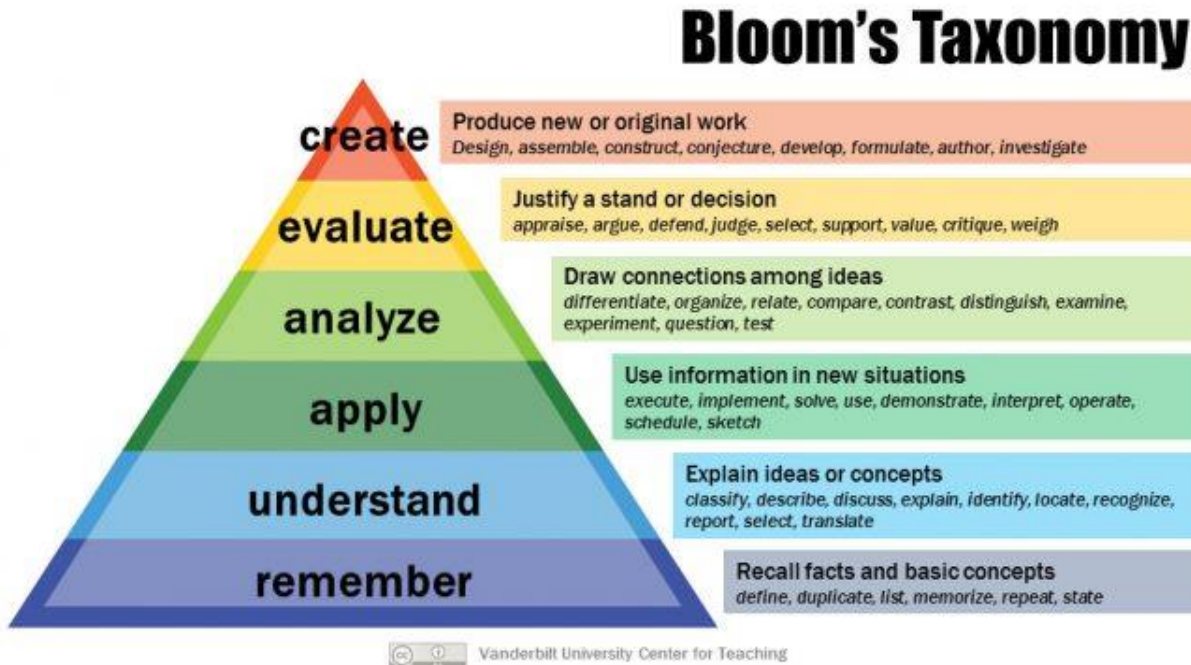
<https://student-learning.tcd.ie/services/awc/>

Students are invited to attend for advice with writing strategies in areas such as essay/thesis/reflective writing, structuring, critical thinking & writing and referencing.

Critical Thinking



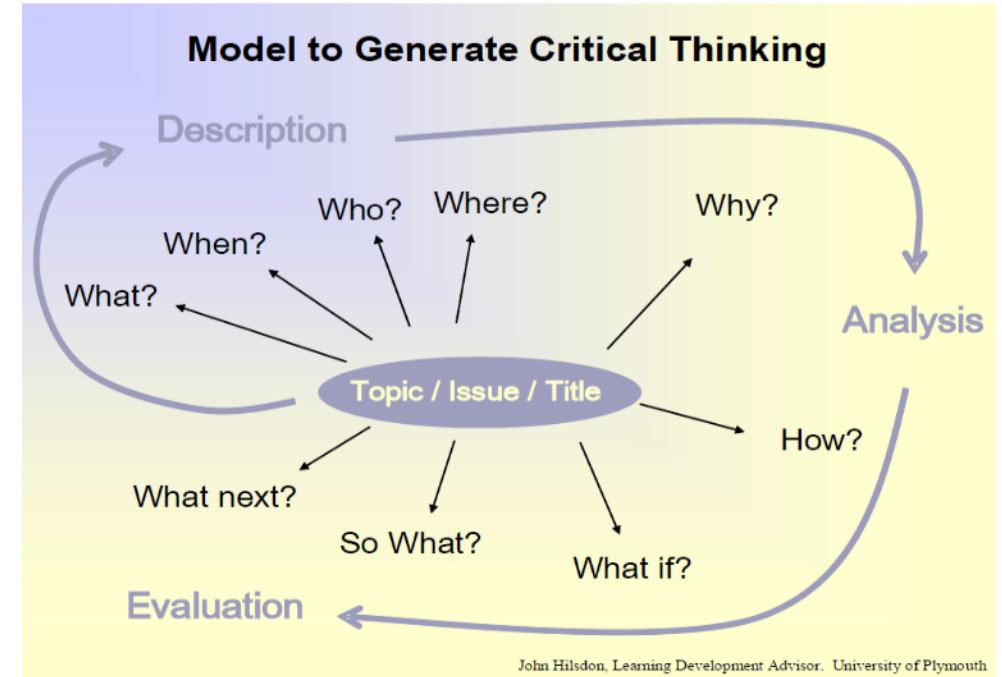
How do I develop critical thinking?



Reference: <https://cft.vanderbilt.edu/guides-sub-pages/blooms-taxonomy/>

Workshops from SLD

- ✓ Developing Critical Thinking in your Writing
- ✓ Introduction to Literature Reviews



Reference:
https://www.plymouth.ac.uk/uploads/production/document/path/1/1710/Critical_Thinking.pdf

Feedback & Certificate of Attendance

https://studserv.qualtrics.com/jfe/form/SV_5iQOKhk7pSpZiya

Thank you!

