

Course details

Course title

Personal Development: Confidence to Learn: Study Skills

Course code

Q00017549

Course date

Start: 25/09/24

End: 16/10/24

Fee range

Free to £33.60

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Ann Tayler Children's Centre (Hackney)

1-13 Triangle Road

Off Westgate Street

Hackney

E8 3RP

Level of study

Beginners

Course overview

Are you currently studying? On this Confidence to Learn course, you will develop study skills that will help direct you to a more focused way of studying. If you have not studied for a long time, or worried about how to start an assignment, or manage your time, this is the course for you. You will have the opportunity to personalise your approach to study and learning. Over the course you will find out what works best for you. General study skills are not for a specific subject, they are skills that cover all subject areas. The study skills you will develop at this level will help as you go through each topic on the course. To develop your study skills, you will practise a variety of tasks such as time management, active listening skills, note taking and many more. This will help you become more confident in the way you study. Study skills are not just for this course, they can be used in a variety of ways, for example solving problems in everyday life and managing your time successfully and learning to remain focused on a task.

Course description

This course will run alongside the main course you are studying and provide you with the tools to successfully complete your studies with confidence.

The main topics that will be covered in this course will be:

Time management– create a study timetable to help manage your course material more effectively and how best to break up your study time.

Note Taking – learn proved methods of creating notes from your sessions that are clear and precise, which will help you remember and understand what is necessary for a better understanding of your course.

Mind Maps – show you how to create a visual map of ideas and put together the information learnt on your course.

Teach others – you will get the opportunity to explain what you have learned to others and discover areas that need improving.

Goal setting – you will learn how to create your own study goals after each session to help you stay on track and motivated.

Stress management- tips and techniques for managing stress to keep focused and motivated.

By the end of the course, you will feel more confident and have a better understanding of how to produce your own work at level 2

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our

education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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