

# Study Skills

Specialist 1:1 Study Skills Support may help you to manage your course of study more efficiently and aims to teach and adapt ways to learn more effectively.

We aim to work with you to:

- v Understand your individual learning style
- v Help you to understand your strengths as well as your areas of challenge
- v Refine the range of compensatory strategies you have already developed
- v Introduce you to new strategies
- v Develop more efficient modes of study

The contents of your sessions will help you to develop key study skills, such as:



Time Management



Note Taking



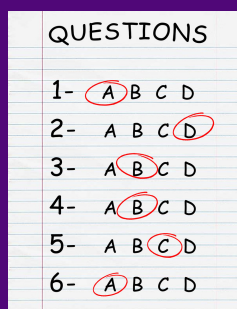
Proof Reading Skills



IT Skills



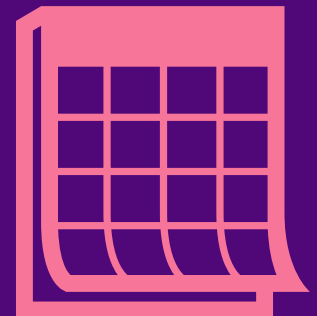
Listening Skills



Exam Skills



Effective Revision Methods



Planning Techniques