



# UTS HELPS

## How to Study Effectively

# Workshop Objectives

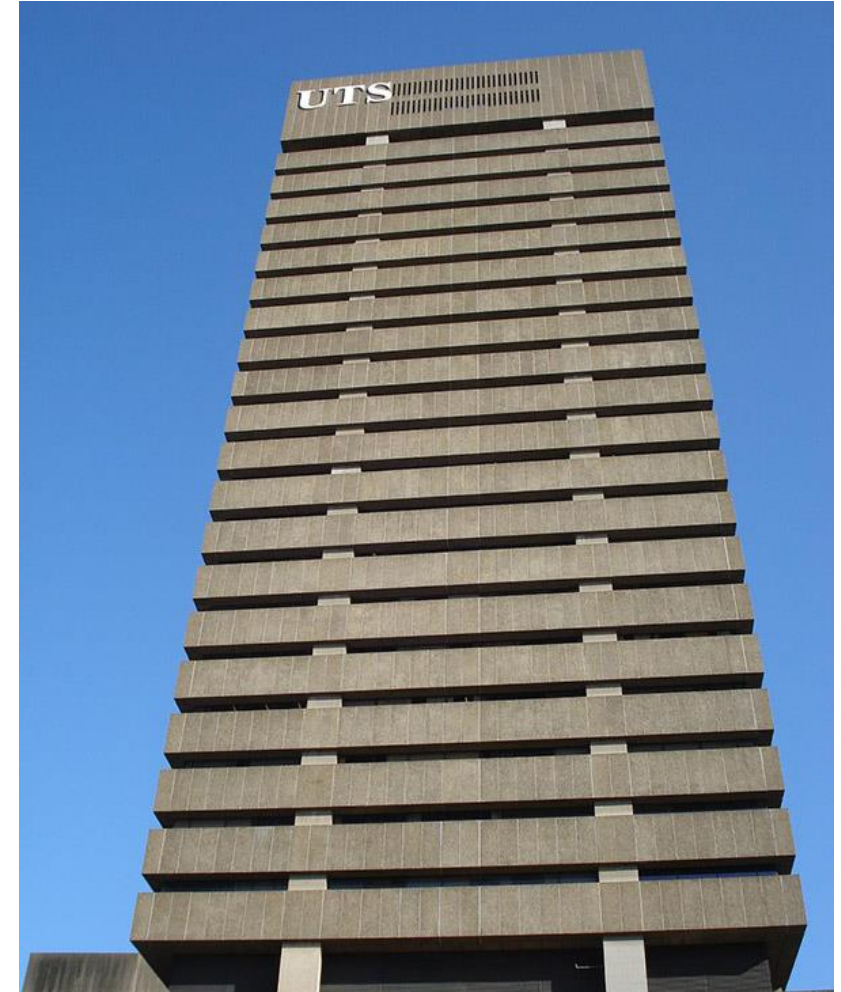
1. To learn about important UTS systems and processes
2. To examine effective learning strategies to be successful at UTS

# UTS Faculties



# UTS Faculties

- Arts and Social Sciences
- Business
- Design, Architecture and Building
- Engineering and IT
- Health
- Law
- Science





# Which Faculty is based in this building?



# Which Faculty is based in this building?





# Which Faculty is based in this building?



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# Which Faculty is based in this building?



# Which Faculty is based in this building?



# Which Faculty is based in this building?





# Discussion

**What is the main difference between school and university?**

**How to Study Effectively**

# Studying at university means....

Learning to think in a way  
that is suitable for your  
discipline.



Image Source: pxfuel.com.com

# Studying at university means....

- Learning what types of questions are asked in your discipline.
- Learning how to answer those questions in ways that are **valid, credible and reliable**.
- Evaluating theories, concepts, evidence and arguments used to answer those questions.



# What does this mean for you?

- You are expected to do a lot of research beyond the information given to you by your lecturers.
- You are expected to give opinions, propose theories or make recommendations.
- They must always be based on your interpretation and evaluation of the evidence.

# Assignment Support

- Daily workshops
- Individual consultations
- Online writing reviews
- Online self-help resources
- Sample written assignments

 [www.helps.uts.edu.au](http://www.helps.uts.edu.au)

# Where and How to Seek Help

• **Enrolment, fees, course information:**

[Student Centre](#)

• **Questions about my subject:**

[Lecturer or Subject Coordinator](#)

• **Free counselling:**

[Counselling service](#)

• **Assignment support**

[UTS HELPS](#)

• **Questions about maths or statistics:**

[Mathematics and Science Study Centre](#)

• **Questions specific to International students**

[International Student Advisers](#)



# UTS Online Learning



# UTS Systems

## Canvas (or UTS Online)

- **Subject outline**
- **Assessment information**
- **Assessment submission**
- **Lecture materials**
- **Readings**

## My Student Admin

- **Course enrolment info**
- **Payment Invoice**
- **Subject enrolment and withdrawal**
- **Subject results**

# UTS Online / Canvas

**UTS**

Staff or student number   UTS email password   **LOGIN**   Unable to login?

**UTS Online Calendar**  
Never miss an assignment due date.

## UTSOnline

### New UTSOnline Login Page, February 13

This new login page utilises the [mobile](#) friendly responsiveness introduced in the last [Blackboard Upgrade](#) to deliver a fresh new look, and an easier way to search UTSOnline Help.

### Autumn Session 2017 subjects

**Staff:**  
The process of creating and enrolling students in a UTSOnline subject site has changed. Autumn Session 2017 subjects were automatically created on Wednesday the 18th of January, 2017. Detailed information is on the [Automated UTSOnline subject creation and enrolment](#) help page.

**Students:**  
Autumn Session 2017 subjects are scheduled to be made available to students on Monday the 20th of February, 2017, although your subject coordinator may choose to make it available earlier.

### Conditions of use

All UTSOnline users have an obligation to read and comply with the following UTS policies governing their use of UTSOnline:

<a href="#">Acceptable use of information technology facilities</a> Ethical, socially responsible, legal, efficient use; standards of conduct.	<a href="#">Privacy statement</a> Collection of personal information, use of online course contributions.
<a href="#">Copyright requirements - students and researchers</a> What can you copy, how to reference and acknowledge.	<a href="#">Policy and procedures for the assessment of coursework subjects</a> Assessment principles and requirements.
<a href="#">Copyright requirements - staff</a> Are your teaching materials copyright compliant?	

### Maintenance window

UTSOnline has a window reserved for [regular maintenance](#), from 2:00 AM to 8:00 AM (AEDT) on Sunday mornings.

### Resources

<a href="#">Information for all users</a>	<a href="#">Learning &amp; Teaching Blog</a>
<a href="#">Information for Staff</a>	<a href="#">Subject availability</a>



The majestic blue whale, the goliath of the sea, certainly stands alone within the animal kingdom for its adaptations beyond its massive size.

At 30 metres (98 ft) in length and 190 tonnes (210 short tons) or more in weight, it is the largest existing animal and the heaviest that has ever existed. Despite their incomparable mass, aggressive hunting in the 1900s by whalers seeking whale oil drove them to the brink of extinction. But there are other reasons for why they are now so endangered.

The blue whale's common name derives from bluish-hue that covers the upper side of its body, while its Latin designation is *Balaenoptera musculus*. The blue whale belongs to the *Mysteceti* suborder of cetaceans, also known as baleen whales, which means they have fringed plates of fingernail-like material, called baleen, attached to their upper jaws. Blue whales feed almost exclusively on krill, though they also take small numbers of copepods. An adult blue whale can eat up to 40 million krill in a day.

These gargantuan beasts used to dominate all the oceans of the Earth up until the late nineteenth century, when the technology was developed to effectively hunt and harvest them. In 1864, the Norwegian Svend Foyn equipped a steamboat with harpoons specifically designed for catching large

## Match Overview

45%

1	animals.nationalgeogr...	14%	>
2	agaunews.com	12%	>
3	pro-solutions.texthelp...	12%	>
4	animals-partner.blogsp...	7%	>

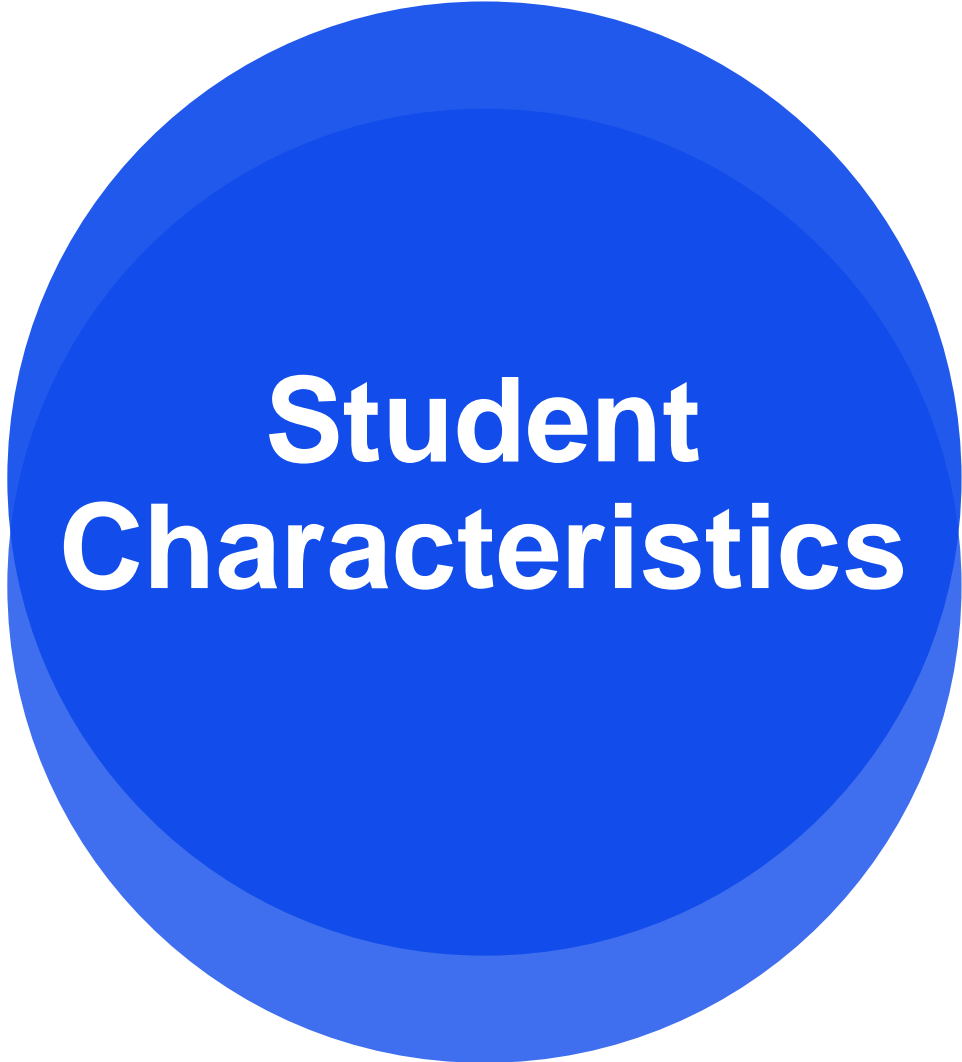


# Studying Successfully at UTS





**What are the most  
important  
characteristics to be  
successful at  
university?**



**Student  
Characteristics**

# Student success

Students' success at university depends on their sense of:

1. Capability
2. Connectedness
3. Purpose
4. Resourcefulness
5. Academic culture

Source: Lizzo, A. (2006). *The 5 Senses of Student Success*.  
Griffith University First Year Experience Project



Image source: [publicdomainpictures.net](http://publicdomainpictures.net)

# 1. Capability

Depends on:

- how well you understand the expectations
- mastery of basic academic skills



Image Source: [picpedia.org](http://picpedia.org)

## 2. Connectedness

Depends on:

- quality of relationships with **peers**
- quality of relationships with **staff**

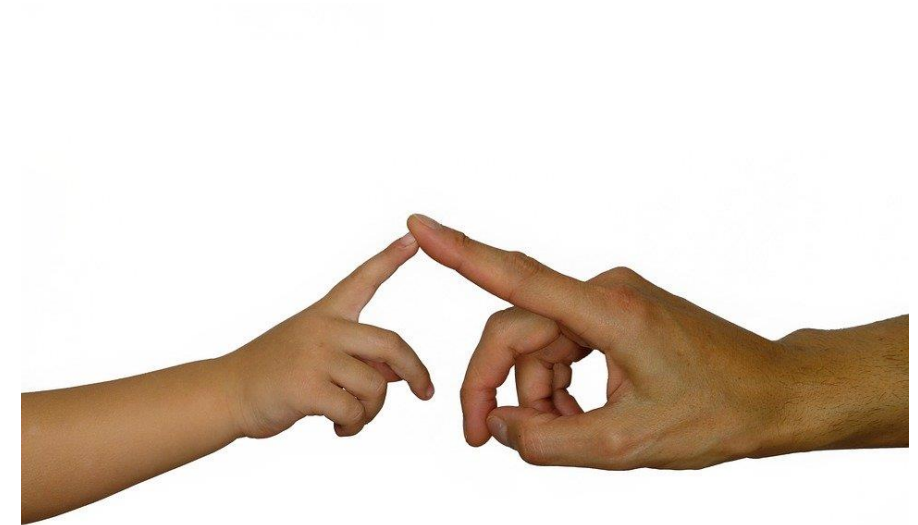


Image Source: pixabay.com

# 3. Purpose

Depends on:

- your engagement with your discipline
- your capacity to set personal goals

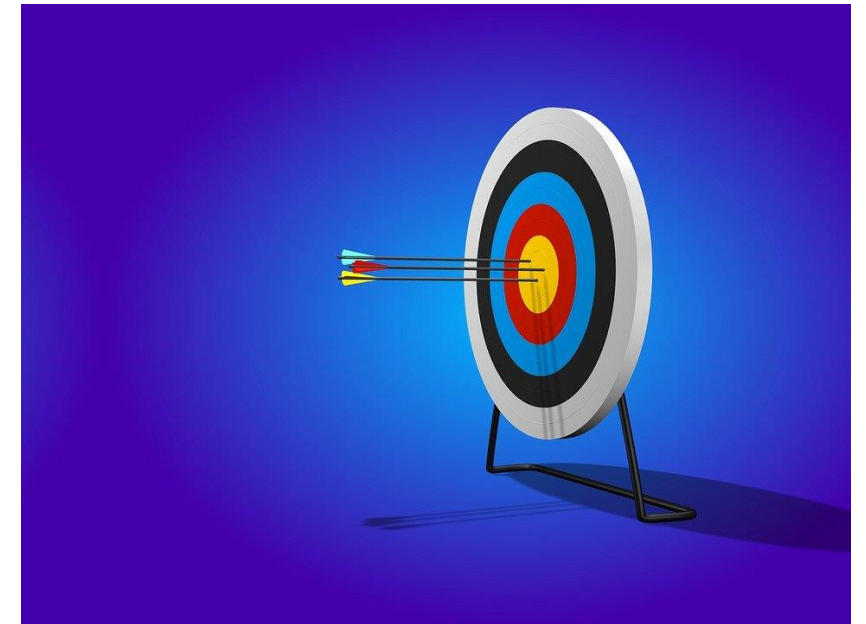


Image Source: pixabay.com



# Resourcefulness

Depends on:

- your ability to work out how to get the help and information you need
- your willingness to speak up if you have a problem
- your ability to balance work, life and study commitments



Image source: Wikimedia Commons

# Academic Culture

Depends on:

- your understanding of the core values of the university
- your approach to study relationships with fellow staff and students



Image source: Wikimedia Commons

# Discussion

**Which of the  
following  
strategies are the  
most effective?**



**Study  
Strategies**

- Rereading your notes
- Highlighting the key parts of a text as you read
- Studying the same material once for a long block of time
- Studying the same material regularly over short study sessions
- Answering quiz questions
- Mixing different topics within the same study period
- Using keywords and mental imagery to aid memory recall
- Thinking of explanations for why something is true

## **More effective**

- Answering quiz questions
- Studying the same material regularly over short study sessions
- Mixing different topics within the same study period
- Thinking of explanations for why something is true

## **Less effective**

- Rereading your notes
- Highlighting the key parts of a text as you read
- Using keywords and mental imagery to aid memory recall
- Studying the same material once for a long block of time



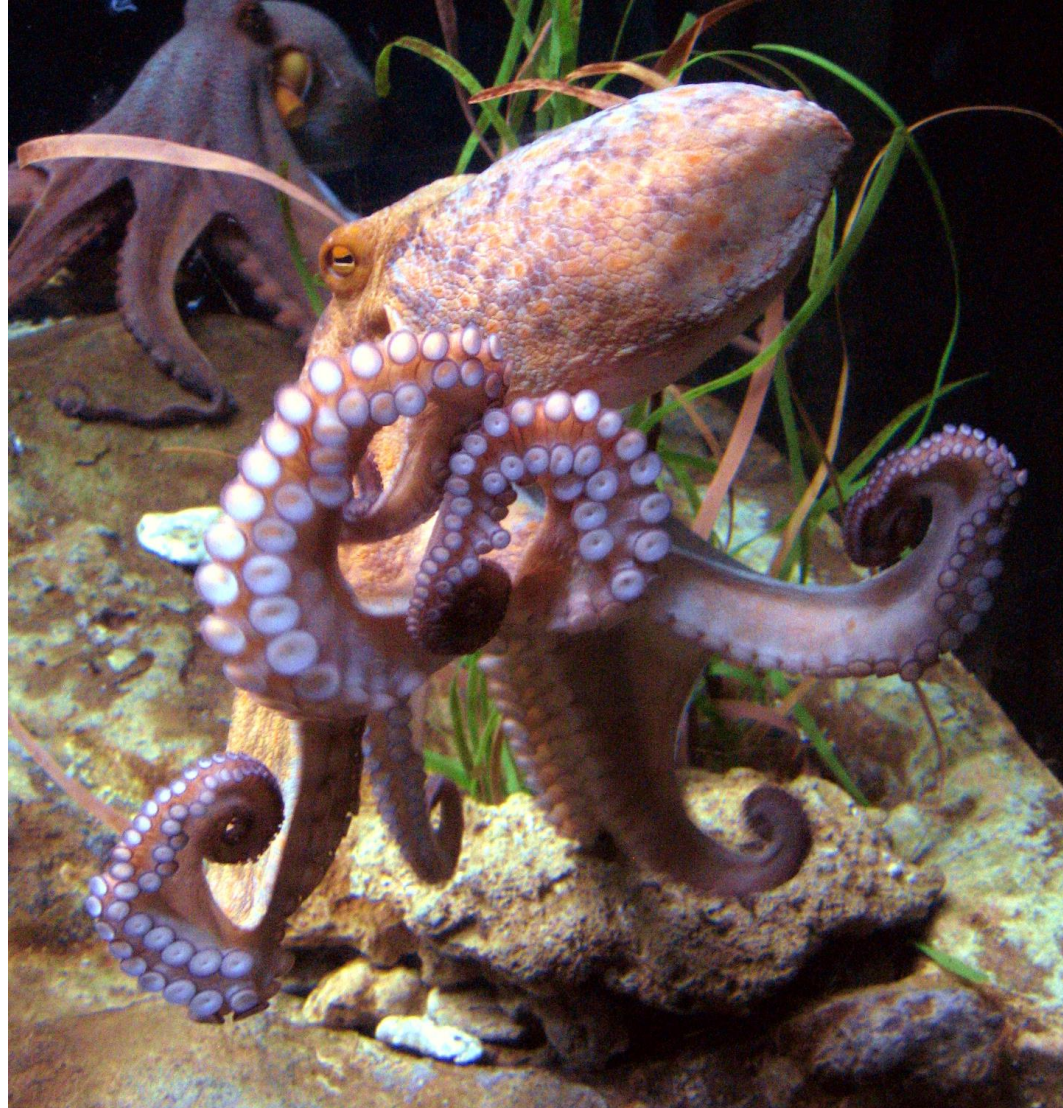
# Questions

1. Why are answering quiz questions and proposing explanations more effective than re-reading and highlighting your notes?
2. Why is it more effective to mix different topics within the same study period?

Our brains don't work like this.....



They work more like this.....



# Top tips for your study



**Study  
Strategies**

# 1. Regular short study sessions are more effective than long sessions

**BUT** they need to be focused on a clear goal.

*e.g. In the next half hour I'm going to answer the quiz questions at the end of chapter 4 of my textbook.*

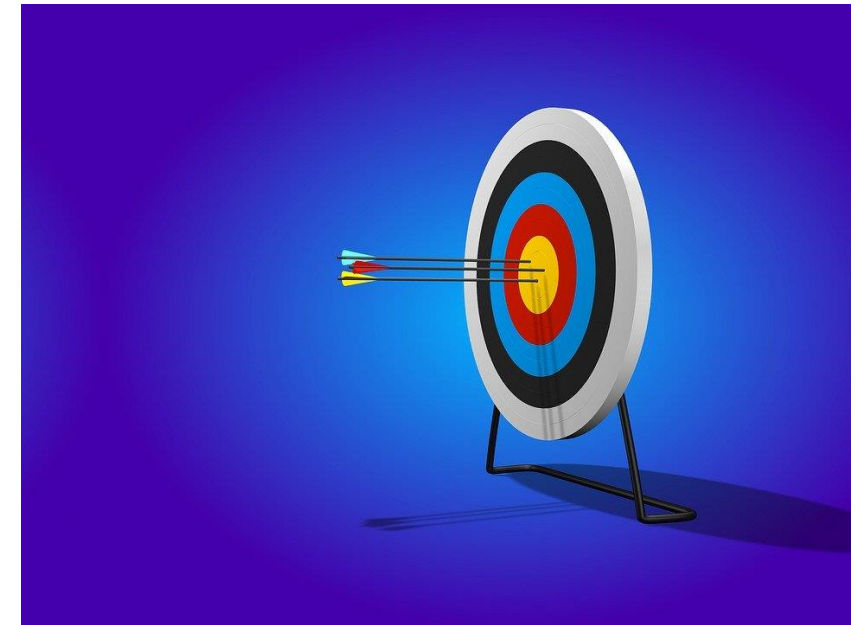


Image Source: pixabay.com



# Good goals are SMART goals

S = specific

M = measurable

A = attainable

R = relevant

T = timebound

*In the next half hour I'm going to answer the quiz questions at the end of chapter 4 of my textbook.*

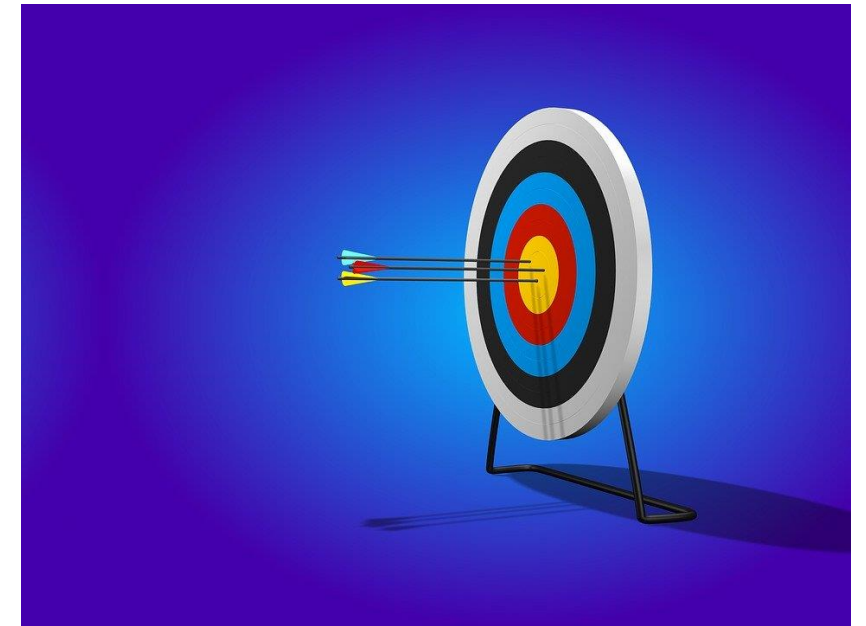
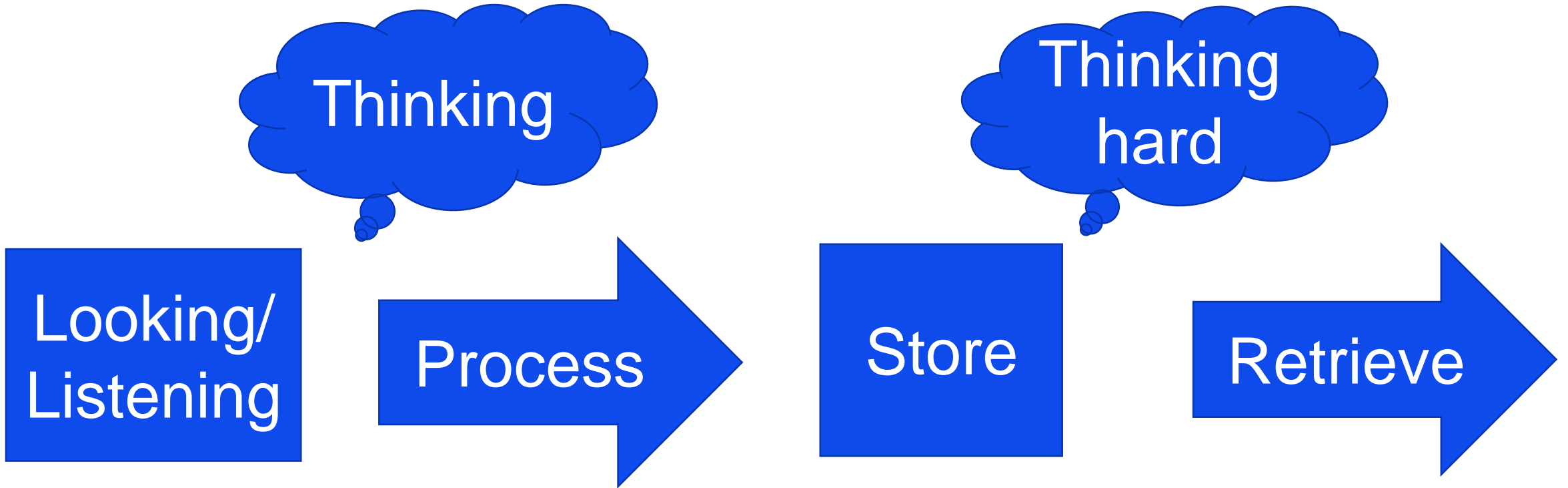


Image Source: pixabay.com

## 2. Testing yourself is the best way to remember information



# If you haven't revised it regularly, you haven't learnt it

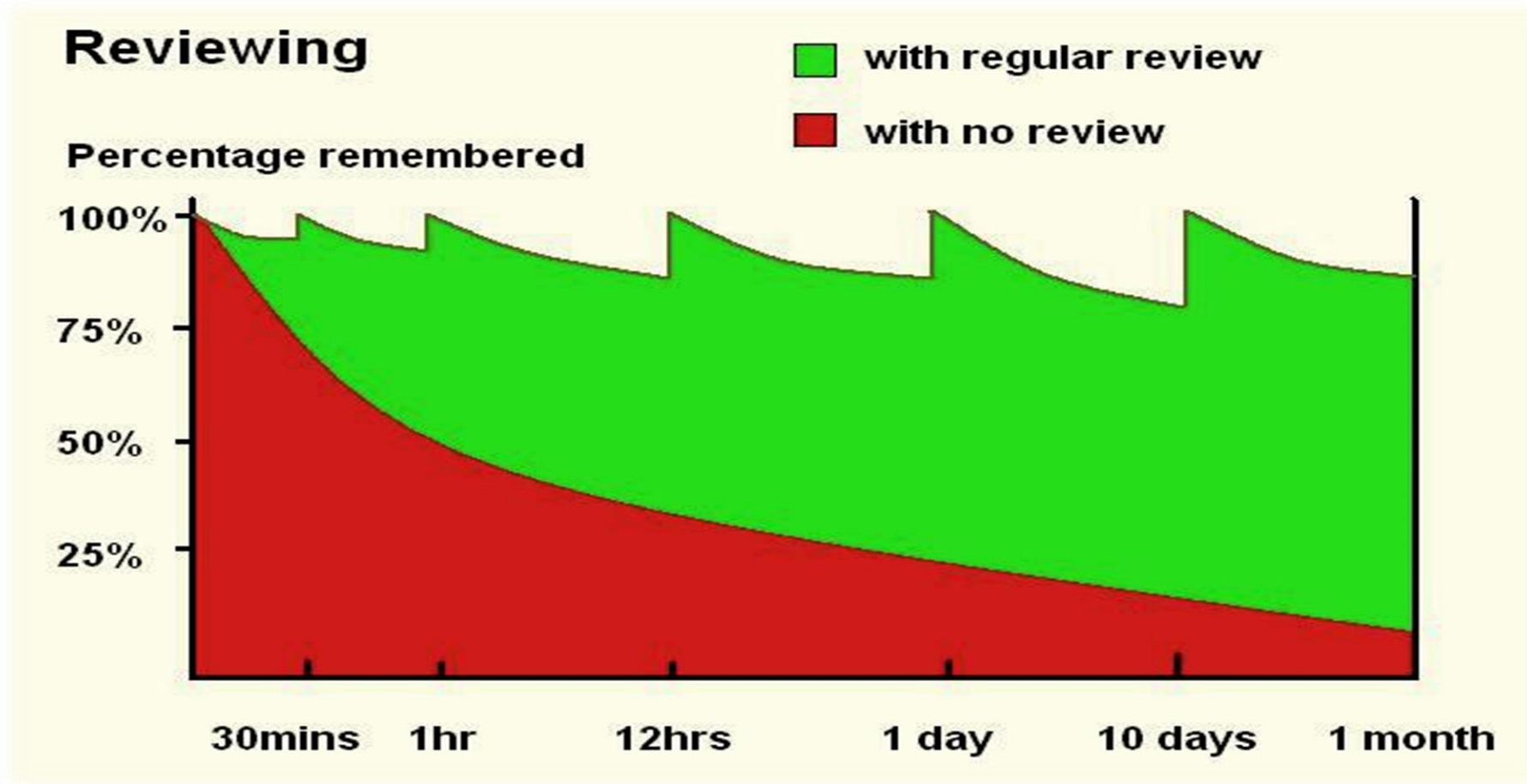
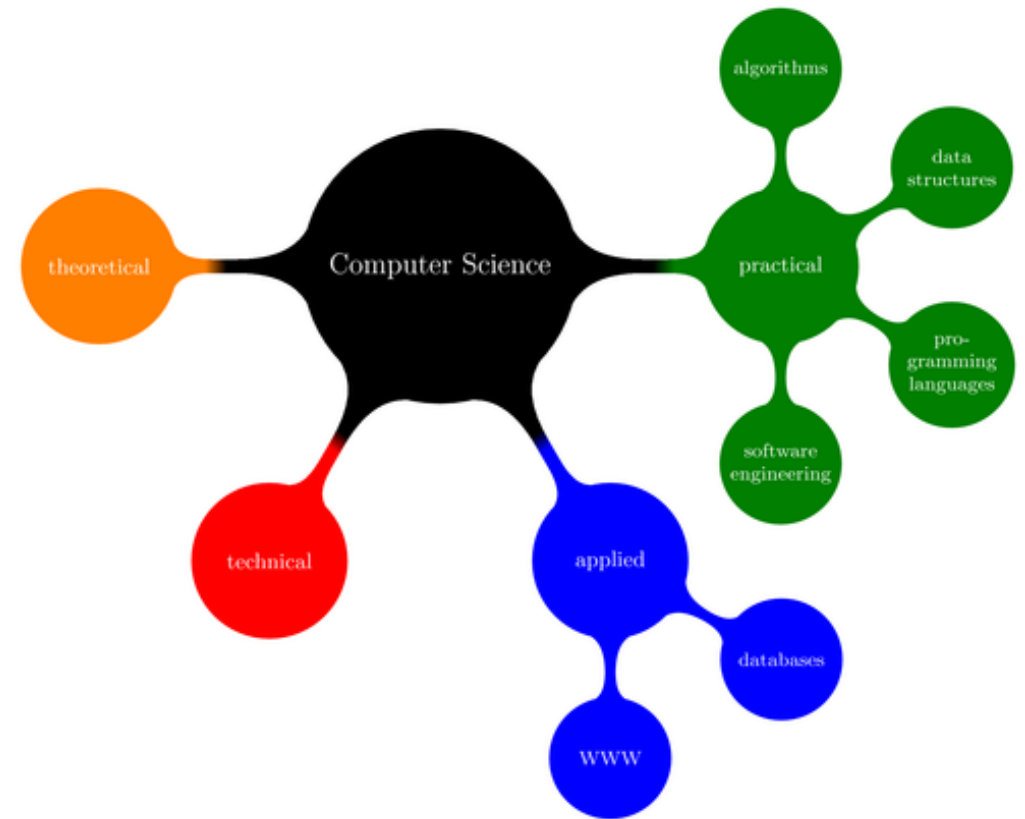


Image Source: flickr.com

# 3. Transforming information is the most powerful way to learn

- Answer quiz questions
- Create concept maps or diagrams
- Write examples of theories or concepts
- Explain it to someone



# Exam revision session



1. Write a summary of what you already know (from memory).
2. Review notes and resources. Make a new summary of main points (use diagrams/tables/concept maps).
3. Free recall summary.
4. Practise tests – make up your own if necessary.

# An example prep template

Key Concept	Meaning in your own words	Application example



# An example prep template

Key Concept	Meaning in your own words	Application example
Spontaneous Recovery	Memory phenomena stating that a failed attempt at recalling may produce a delay recall	Sense of familiarity with a question in exam, but unable to answer then 'remember' as leaving the exam.

## 4. **ALWAYS** make notes in your own words

- Main ideas
- Main evidence
- Useful examples
- Main recommendations or solutions



Image Source: Pickpik.com

## Zhang & Lee 2018

Topic/Main idea	A study into the links between duration of smoking and difficulty of quitting.

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## Zhang & Lee 2018

### Topic/Main idea

A study into the links between duration of smoking and difficulty of quitting.

### Author's main argument

There's a clear link between how long a person has smoked and how hard it is to quit.

## Zhang & Lee 2018

### Topic/Main idea

A study into the links between duration of smoking and difficulty of quitting.

### Author's main argument

There's a clear link between how long a person has smoked and how hard it is to quit.

### Supporting Evidence

Based on annual surveys of 200 smokers attempting to quit, the evidence suggests that each year that a person smokes makes it 8% harder to quit smoking.

# **TIP #5. Plan your time for assignments**

1. Finding sources
2. Reading and taking notes
3. Writing your assignment outline
4. Drafting and re-drafting
5. Proofreading and editing



Image Source: pixabay.com



# Quick Quiz!

1. In order to make a study session effective, what do you need to do before you start?
2. What does the Ebbinghaus Forgetting Curve show?
3. The most powerful way to learn is to \_\_\_\_\_ the information we've learnt.
4. When taking notes, what type of information should you focus on?
5. What should you always do before you start writing your assignment?

# Questions



???



# UTS HELPS

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