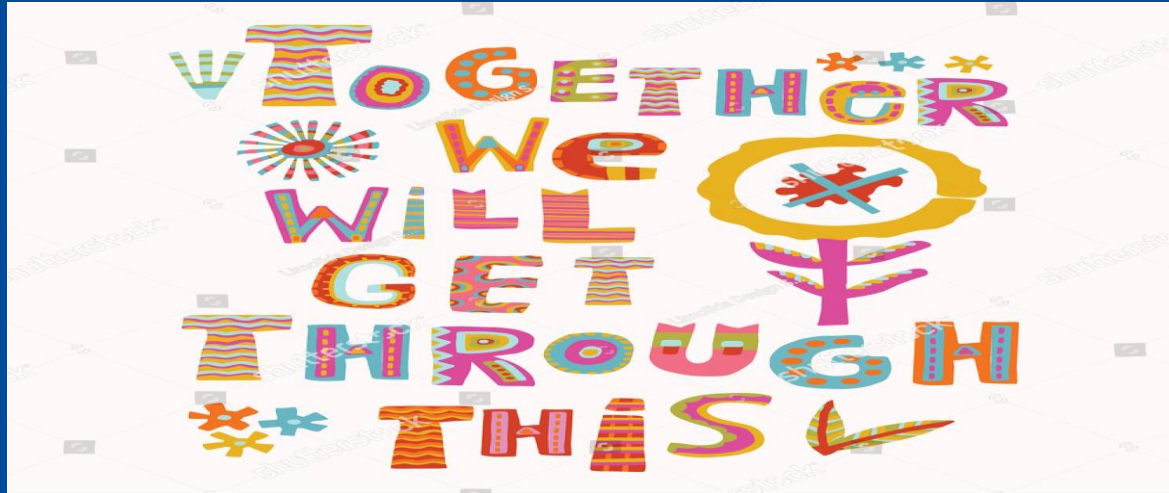


# LIFE ORIENTATION STUDY SKILLS



**GRADE11**  
**Term 2: Week 2**

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**GAUTENG**  
PROVINCIAL GOVERNMENT  
REPUBLIC OF SOUTH AFRICA

**Growing Gauteng Together**

## Explanation of the Concepts

STUDY SKILLS	STUDY STYLES	STUDY STRATEGY
<ul style="list-style-type: none"> <li>• The skills you need to enable you to study.</li> <li>• Study skills are not subject specific.</li> <li>• They are generic and can be used in any area when studying</li> </ul>	<ul style="list-style-type: none"> <li>• Study styles are preferred ways of approaching tasks in a way that meets your own needs.</li> <li>• Looking for a safe and peaceful environment which encourage love of learning.</li> <li>• Acknowledging that learning requires repetition to be more familiar with your content and make it easier.</li> </ul>	<ul style="list-style-type: none"> <li>• Circumstances require you to apply different strategies.</li> <li>• Strategies need a combination as some are useful in certain subjects or tasks.</li> <li>• Grade 11 results are often used for selection for tertiary study thus becoming study-smart is essential for success.</li> </ul>

# WHAT YOU NEED TO DO WELL

## Study Skills

- Pay **attention** in class.
- Take **good** notes.
- Keep an **organized** notebook for each subject.
- Know the purpose of each assignment.
- Ask questions **in** class.
- **Review! Review! Review!**  
It can help you retain 80% of the information.
- Plan a **definite** time and place for studying each day.
- Study for awhile and take short breaks.
- **Don't cram** for hours the night before a test.  
**Study a little bit each day.**

*• Think Positive... Do your best!*

## Study Strategies

These are a collection of study strategies collected and compiled from various sources. Use them wisely!

### Reduce Interference



1. Stay away from your bed.
2. Stay away from your phone.
3. Stay away from your computer.
4. Do not turn on the music



### Plan your schedule

It is important to plan your study schedule so that you will know exactly what you need to do to achieve success.

Remember, if you fail to plan you plan to fail.

### 20 minute rule

Study for 20 minutes and take a 10 minute break.

Research shows that human attention span lasts for 20 minutes.



### Re-write what you have learnt

By writing what you have learnt again and again you will internalise the concepts.

This is an age old strategy which is still effective!

### Use funny mnemonic to remember

You are more likely to remember the sequency of the planets in the solar system by remembering:

"My Very Educated Mother Just Served Us Nuts"

- 1) My - Mercury
- 2) Very - Venus
- 3) Educated - Earth
- 4) Mother - Mars
- 5) Just - Jupiter
- 6) Served - Saturn
- 7) Us - Uranus
- 8) Nuts - Neptune



### Use images to explain concepts

Images are very powerful tools. Our brain like images more than words.

Thus by translating a concept into a picture, you are more likely to remember it.



## KEY FACTORS TO CONSIDER FOR EFFECTIVE LEARNING

- Structure your new and existing knowledge around main concepts and principles of the main topic learnt to improve your understanding.
- use what you already know to construct new understanding.
- Be motivated to learn and have a sense of self so as to establish more effort into your learning
- Share what you have learnt with the people you are in contact with in the house if possible as it will assist you in gaining confidence in what you have learnt
- Always remember your different strategies, approaches, patterns of ability, and learning styles that facilitates the interaction between what you have inherited and your prior experiences

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# STEPS TO EFFECTIVE STUDYING

## **Make It Meaningful.**

- Reduce interference by making the information more meaningful. To best remember what you are learning, the material should make sense to you and/or be anchored to what you already know, rather than learned merely by rote.

## **Familiarise**

- The more you know of a subject, the easier it is to learn new material related to it.
- The principle of familiarity is one of the benefits of becoming a life-long learner interested in a wide range of subjects. What you learn today gives you a boost when studying related material in the future.

## **Mnemonics & Visual Images**

- Convert the information into a mnemonic or visual image, especially a silly or bizarre one, and it will be easier to recall.
- Constructing a mnemonic or a visual image may take a few moments. Working creatively and directly with the material aids memory and establishes familiarity that reduces the potential for interference.



## Patterns

- Look for patterns in any material you want to learn. For example, identify repeating patterns or rules that can help you quickly memorize subsections of the content.

## Minimize Intervening Activity

- If you have an exam coming up, the best way to minimize interference is literally to go to sleep, assuming you have studied sufficiently.

## Don't Study Similar Subjects Together.

- Forgetting due to interference will also increase if you try to study *similar* subjects close together

# STEPS TO EFFECTIVE STUDYING continue

## Don't Study Similar Subjects Together

- Forgetting due to interference will also increase if you try to study similar subjects close together.
- Suppose you plan to study Life Orientation, biochemistry, and organic chemistry over the next few days.
- Since biochemistry and organic chemistry are somewhat related, it would be better to study trigonometry between them to lessen potential interference.

## Use Separate Study Sessions.

- If possible, avoid studying all your subjects together during a compressed time period.



## STEPS TO EFFECTIVE STUDYING continue

- For instance, don't skip around between English, history, and math while you are studying, if you can avoid it. Instead, spend adequate time with one subject, then study the others in separate sessions.
- Find time to study especially that you are not allowed to roam around.
- Learn how to use documentation that can help you in sourcing out information in a library or on line during this CORVID 19 as you really need to use the opportunities available.
- Have critical reading and reading strategies.

## CRITICAL READING AND READING STRATEGIES

**S**

### 1. Survey

Scan the text and pay attention to:

- Layout;
- Chapters;
- Sections;
- Graphs;
- Pictures;
- Highlighted words;

**Q**

### 2. Question

Ask yourself questions about the text.

Ask yourself what you already know about the text and what your goal is.

Try to understand what it is that the author wants to convey.

**3**

### 3. Read

Read the text actively while keeping the previous steps in the back of your mind. Write down additional questions and try to answer asked questions.

**R**

### 4. Recite

Repeat (aloud) in your own words what you have read. Ask yourself questions about the text, explain to someone what you have read and try to write a summary.

### 5. Review

Read all the relevant parts again. Go through your notes and questions again. Pay extra attention to the parts you find difficult.

## CRITICAL READING AND READING STRATEGIES

- Use SQ3R to help you manage your reading

### **Note Taking**

- Learn to take notes effectively to engage with your learning.
- Paraphrase and summarise what you have in your own words to be able to remember what you have read.
- Do not copy what others have written.

### **Note taking styles**

- Linear- using headings and subheadings
- Diagrammatically – using boxes or flowcharts
- Patterns – mind mapping which allows a large amount of information.

### **Review & revise notes**

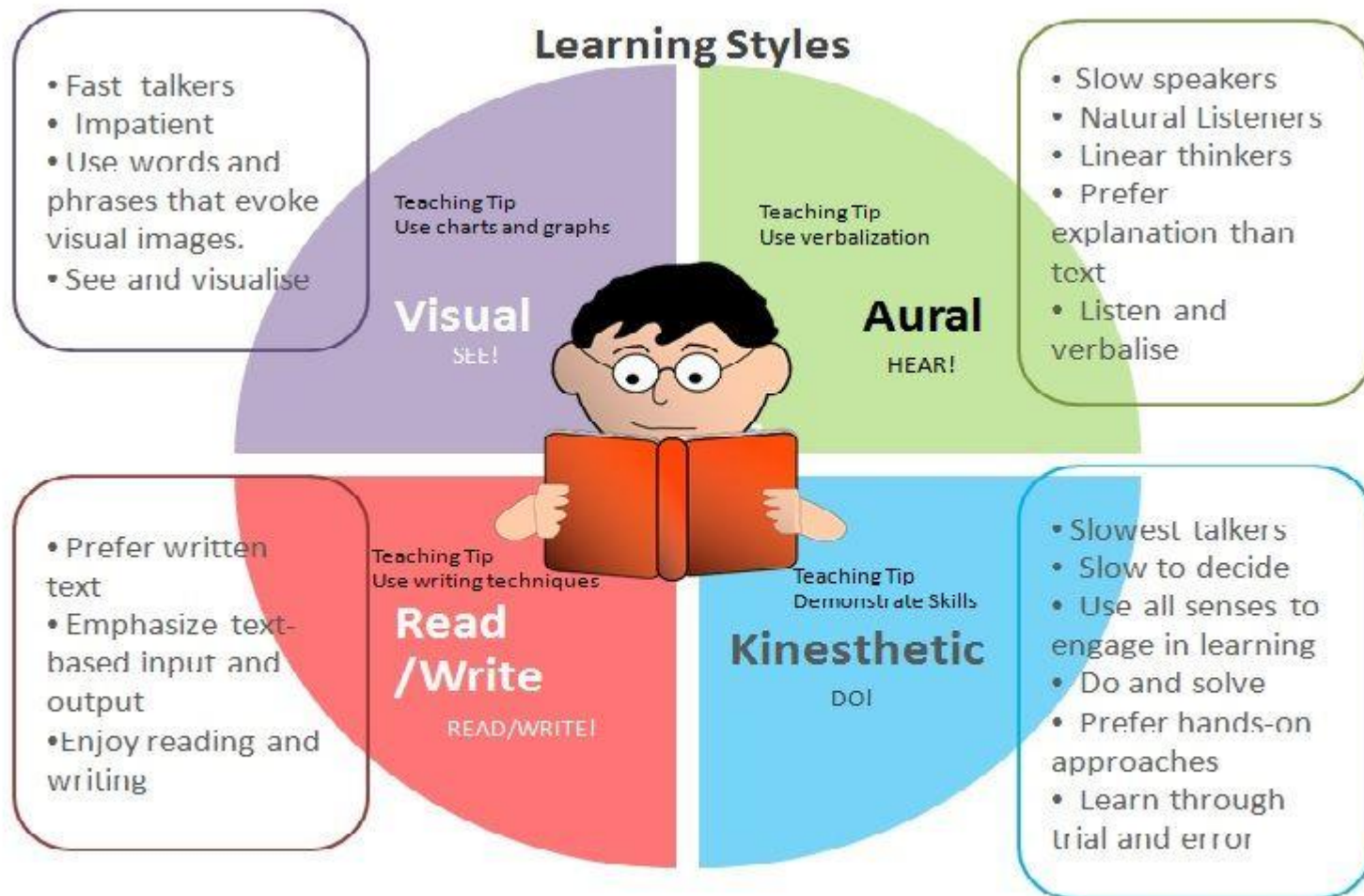
- Revise and use brightly coloured pens where an opinion is changed

## Continues ...

### **Highlight and emphasize keywords and phrases**

- Write a personal glossary of words you are not familiar with.
- Your emotional reaction and question the text raises are main elements in your note taking.

# TYPES OF LEARNERS



# ASSESSMENT

1. Identify two important steps to observe towards effective studying. (2)
2. Explain the difference between study styles and study strategy. (4)
3. Discuss the key effective facts to consider to effective studying. (6)
4. Provide and explain strategies on how one can use SQ3R in managing your reading. (6)
5. Reflect on the believe that studying is very similar to getting fit.
6. Give two main types of learners (2)