



APPLIES TO ACADEMIC YEAR 2009/2010

FORK 0301 Course in Study Strategies - Making the Most of Your Studies

Programme

Precourse - Bachelor Programs

Responsible for the course

Department

Term

According to study plan

ECTS Credits

0

Language of instruction

Norwegian

Introduction

The course is offered for new students at undergraduate level.

Objective

The objective of this course is to help students become aware of their own individual ways of learning and to look at how different study, reading and note-taking techniques are effective at university level. Students will be guided on how to improve their own study skills by learning new study strategies and also by focusing on how to be more disciplined and structured in their learning. Various study tools and methods will be introduced to help students make the most of their studies and to help them be more structured and goal focused. In addition, students will be given important guidelines on searching for academic literature, both electronically and in the library. These research skills will greatly assist students in completing assignments and projects as part of their degree programme. The course will also focus on the importance of using a proper reference system to avoid plagiarism (copying) in written exams, as copying is strictly illegal. The course also includes ideas for effective planning of your own course work, individually and in study groups. We will also discuss how it is to be a new student and work through examples of past exam questions to help students understand what is expected of them in exams.

At the end of the workshop students should be able to:

- * Discuss different reading and note taking strategies, having tried some of them
- * Understand different study techniques and ways to improve memory and concentration
- * Realise personal inner and outer motivational factors and utilise these at university
- * Apply time management skills in their studies
- * Understand the importance of effective group work
- * Understand and apply BI's honour code and referencing formats in academic writing
- * Appreciate key academic writing strategies for writing assignments
- * Know how to read and understand university exam question effectively
- * Appreciate cultural similarities and differences in a multi-national classroom
- * Use BI's on-line resources

Prerequisites

No prerequisites required.

Compulsory reading

Recommended reading

Books:

Payne, Elaine and Lesley Whittaker. 2006. Developing essential study skills. 2nd ed. Harlow : FT Prentice Hall

Other:

Gabrielsen, Sigrun, Anders Dysvik & Pål Tangaard. 2009. Ditt studium - din mulighet: Kurshefte i studiestrategier. Oslo: Handelshøyskolen BI.

Kursheftet deles ut av kursleder. Ved engelsk gjennomføring benyttes:
Warner-Søderholm, Gillian, Anders Dysvik & Pål Tangaard: Course book in study strategies.
Oslo: Handelshøyskolen BI.

Course outline

- Approaches to learning
- Group forming and group dynamics
- Motivation, recreation, self discipline and concentration
- Effective planning
- Repetition and effective revision
- Reading techniques
- How to make effective notes
- Learning in groups with others
- Study ethics
- Essay writing, search for literature and reference techniques
- Exam formats

Computer-based tools

Not applicable in this course.

Course structure

The course is offered at the start of the fall semester over 12 lecture hours.

Examination

There is no exam in this course.

Exam code(s)

Examination support materials

Re-sit examination

Additional information