

Self-Analysis

Of your study style



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Some Questions for self-analysis

1. What is your learning style?

There are three Learning Styles

- 1. Auditory (Hearing)**
- 2. Visual (Seeing)**
- 3. Kinesthetic (reading loud)**
 - Rote learning/memorization

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Some Questions for self-analysis

- 1. What is your learning style?**
- 2. How long you study in a week?**

As per the suggestion of the *Chronical of Higher Education*, a student should treat his study a full time job and hence spend 40 hours a week.

Example: A student registered for 15 hours (5 courses) in a semester:

| | |
|---|----------|
| Total study hours in a week | 40 hours |
| Less: # of hours in the classroom in a week | 15 hours |
| So, time to study during a week | 25 hours |

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Some Questions for self-analysis

- 1. What is your learning style?**
- 2. How long you study in a week?**
- 3. When you study best?**
- 4. Where you study best?**
- 5. Do you have a daily routine to follow?**
- 6. Do you maintain a dairy?**
- 7. Do you have a study group?**
- 8. What are common distractions when studying?**
- 9. What motivates you to study?**
- 10. How do you read your textbook?**

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Lets Measure

How good are you in Reading Textbook

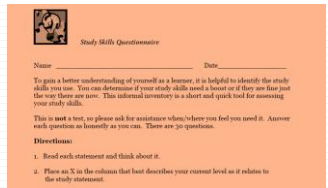
| Reading Text Books | Rarely 0 points | Sometimes 5 points | Often 10 points |
|---|--------------------|-----------------------|--------------------|
| 1. I browse the headings, pictures, chapter questions and summaries before I start reading a chapter. | | | |
| 2. I make questions from a chapter before, during, and after reading it. | | | |
| 3. I try to get the meaning of new words as I see them for the first time. | | | |
| 4. I look for familiar concepts as well as ideas that spark my interest as I read. | | | |
| 5. I look for the main ideas as I read. | | | |

A total score of 31-50: This study skills area seems solid for you
 A total score of 0-30: This study skills area may need some improvement

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Assessing, measuring your Study Skills



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Study

Perspective & mindset

How do you view and deal with your study activities?


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Answering a "Why" Question?

Have you ever wondered
Why this happens?

Why

□ We still remember a movie we saw long time ago and even remembered the dialogues but we can not remember a paragraph we just studied now?



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Why

□ We still remember a movie?
Because:

- We were attracted by it
- We watched it with lots of interest
- We watched it with full concentration and focus utilizing our mind and body
- We created a mental picture while watching and we think and talk about it later on.
- We enjoyed and felt entertained

ALL OF THESE FACTORS ARE THE KEY REASONS TO MEMORIZE THINGS.

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And why

□ We can not remember a paragraph
Because of:

- Lack of attraction and interest
- Lack of concentration
- Dislikeness of the subject or the teacher

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So, to memorize things and succeed

□ For your course, what you need?

- Feeling attracted to the course



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So, to memorize things and succeed

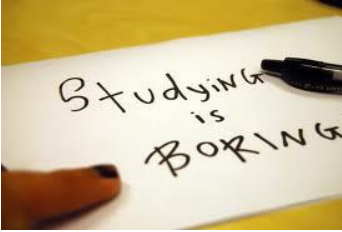
- ▣ **For your course, what you need?**
 - **Feeling attracted to the course**
 - **Feeling interested to the course**
 - **Having concentration and focus**
 - **Thinking and even dreaming about it**
 - **Feeling enjoyment and entertained**

The enjoyment we get watching a movie, they get similar enjoyment by reading a textbook.

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You might say

- ▣ **The courses does not attract me**



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You might say

- ▣ **The courses does not attract me**
- ▣ **I find no interest to the course**

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You might say

- ▣ **The courses does not attract me**
- ▣ **I find no interest to the course**
- ▣ **I don't find any enjoyment**




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You might say

- ▣ **The courses does not attract me**
- ▣ **I find no interest to the course**
- ▣ **I don't find any enjoyment**
- ▣ **I see scary dreams about the course**

What is the solution to overcome the above problems?

Answer is: Change your perspective



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How you can

- ▣ **Change your perspective?**

the question box

Can you avoid studying your course?
 Can you study?

The answer is **NO**
 You have to deal with studying the course

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Since you have to deal with it

- Deal it with success. Convert dislikeness to likeness

How?

- Start loving your subject (Self-training)
- Keep saying, "Yes, I can do it"
- Set a target or goal to achieve
- Get encourage from others

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For your inspiration

Doing Impossible Possible

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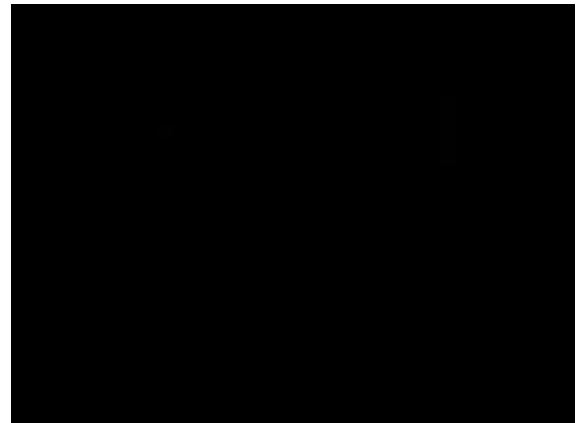
- বগড়ার খুনট উপজেলার বেলকুচি গ্রামের দিন মজুরের ছেলে হাফিজুর এসএসসি পরীক্ষায় "এ" পেয়েছে।
- প্রতিবন্দি, যাত-পা থেকেও নেই। তাই মুখ দিয়ে লেখে।

His driving force is
Motivation





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If Motivation

- Can lead this handicraft person doing unimaginable thing
- Then you can accomplish much more than him
 - You have perfect health
 - You don't need to worry about earning money



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He failed college entrance exam

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