



ÁLLATORVOSTUDOMÁNYI

EGYETEM · BUDAPEST

# *Learning techniques & challenges of learning*

*by Human-Service*

Student Support & Counseling Services

[www.mentalhub.hu](http://www.mentalhub.hu)

# Programs in the fall semester

- **September:** Adjusting to a fast-paced academic environment
- **October:** Learning techniques & challenges of learning
- **November:** Bullying & mobbing concerns on-campus
- **December:** Dealing with stress and failing
- **January:** workshop on value-based decision-making

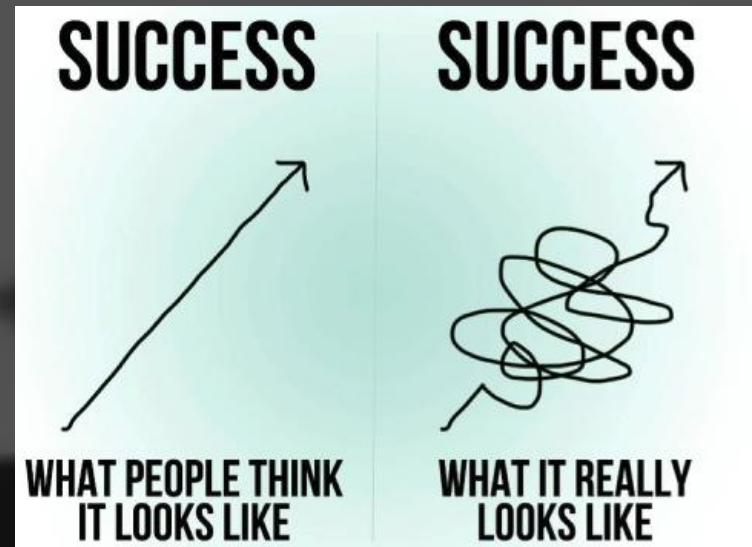
If having difficulties - available on-campus  
*Student Support & Counseling Services*

**Office hours:** Mondays and Thursdays between  
10 am – 2 pm in building „H” Room # 308.

Visit us: [www.mentalhub.hu](http://www.mentalhub.hu)

# Challenges of medical schools

- Extremely high volume at rapid pace
- Shift from content-driven to time-driven
  - Study based on what you needed to know to study based on what you have time for
  - Different lecturers with different styles; may feel disjointed
- New demands
  - Academic
  - Professional
  - Social
  - Identity



# How do I learn best?

## **YOU NEED TO GET TO KNOW YOURSELF**

- **The VARK Questionnaire:** <http://vark-learn.com/the-vark-questionnaire/?p=questionnaire>
- **Multiple Intelligences Self-Assessment:** <http://www.edutopia.org/multiple-intelligences-assessment>
- **What's Your Learning Style?:** <http://www.educationplanner.org/students/self-assessments/index.shtml>

# General Planning

- How long will your study period be?
- How many hours per day & days per week will you study?
- What will your days look like?
- What combination of strategies and content areas?
- Mixing of easier/harder by day or week?
- What times of day are you most alert?
- How do you prefer to learn?
- Rank strengths/weaknesses by subject to help determine how many passes to take
- What resources will you use?
- How many practice exams will you take?
- Account for setbacks, extra time to review (weekly & overall)
- **Growth mindset vs. fixed mindset**



# Other Considerations

- Flexibility/accountability
- Where?
- With whom?
- Boundaries with family and friends
- What do you need?
- How can others help?
- Nutrition
- Exercise
- Sleep
- Other self-care



# Time management



- **Prioritize**

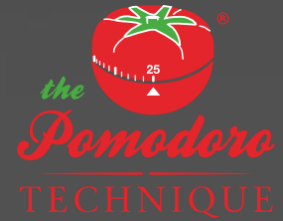
- Learn how to say no
- Think about what you are getting out of it
- Know what you value
- Think of your own needs, not only what others are doing
- Categorize
- Need to, like to, would be nice
- Plan for procrastination and obstacles
- How to ease into it when you don't feel like working
- Monitor concentration
  
- Use alarms, timers
- Avoid unscheduled leisure, social, media time
- Break should really be a break – get up & offline

# Sample Plans

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:30	Sleep in & Relax	Wake up Breakfast	Wake up Breakfast	Wake up Breakfast	Wake up Breakfast	Wake up Breakfast	Sleep in & Relax
8:00	Breakfast	Get ready. Commute	Get ready. Commute	Get ready Commute	Get ready	Study at Home	Breakfast
8:30		Contracts	Study at	Contracts			
9:00		Class	Library	Class	Commute		
9:30			Real Prop		Real Prop	Get ready	
10:00		Lunch	Class	Lunch	Class	Lunch	
10:30	Get ready					Commute	
11:00	Church	Torts		Torts		Legal	Study at
11:30		Class	Lunch	Class	Lunch	Writing &	Home
12:00			Study at		Break	Research	
12:30	Lunch		Library		Study at	Class	
1:00	Study at	Break		Break	Library	Break	Lunch
1:30	Library	Study at		Study at		Study at	Exercise
2:00		Library		Library		Library	At home
2:30		Criminal	Exercise	Criminal	Meet w/	Exercise	
3:00		Law Class	Go to gym	Law Class	Study	Go to gym	
3:30			(& Commute)		Group	(& Commute)	
4:00		Study at	Snack		Commute	Snack	
4:30	Dinner &	Library	Study at		Walk	Study at	Study at
5:00	Break	Commute	Home	Commute	Dinner	Home	Home
6:00		Dinner		Dinner	With		Crafts
6:30			Dinner	Walk ☺	parents		Relax
7:00	Walk	Study at		Study at	Break		Whatever
7:30	Plan "To	Home	Study at	Home	Study at	Dinner &	Do
8:00	Do" List		Home		Home	Relax	Nothing
8:30	Crafts		Relax				
9:00	Relax						Go out
9:30	Whatever						
10:00	Do	Relax		Relax			
10:30	Nothing	&		&			
11:00	Go to bed	Go to bed		Go to bed	Relax &		
11:30			Go to bed		Go to bed	Go to bed	



# Study Skills

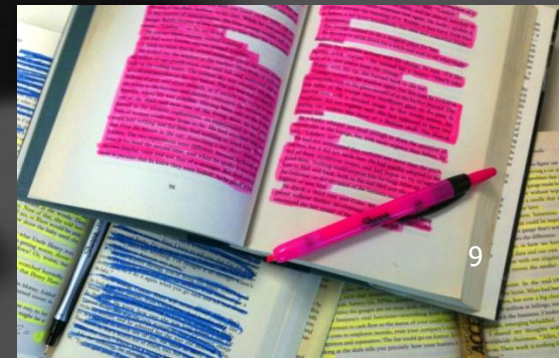


- Process as deeply as possible
  - Recall vs. Familiarity, recognition
    - How do you prove you know something?
    - Think of cues for when you can't remember
    - Pre-reading, other prep
    - Be careful with highlighting
    - Predict exam questions

firecracker 

Note-taking techniques....!

**Broaden your existing learning techniques try new tools e.g.:**  
Pomodoro method, ANKI intelligent flashcard <http://ankisrs.net/>



# Spreadsheet Allotment Method

Subject	Allotted	Used	Left
Anatomy	9	2	7
Animal Hygiene & Herd Health	12	0	12
Biophysics	12	6	6

Learn more about this method:  
<http://usmlestep1secrets.blogspot.hu/>

Other ways: study-plan maker: <http://cramfighter.com/>



**SQ3R** method  
(**S**urvey-**Q**uestion-**R**ead-**R**ecite-**R**eview)

# Study groups

- Study groups or studying with friends
  - Select the right partner/group
  - Agree on goals, norms
  - Teach each other “ Using practice exams
  - Don’t save for right before the exam
  - Go over right and wrong answers
  - Think about how the question might be asked differently
  - Work backwards from answer choices to question
- See if your study group is working effectively:  
<http://www.mentalhub.hu/rubric.pdf>



# When you realize something is wrong

- **Top Four Factors Affecting Academic Performance**  
(Stanford 2012)
  - Stress ~ 21%
  - Anxiety ~ 17%
  - Sleep difficulties ~ 12%
  - Extracurricular activities ~ 6%



# Procrastination

- Chronic procrastinators over 20% of gen. pop.
- Profound problem of self-regulation
- Procrastination is not a problem of time management or of planning
- Procrastination is learned – coping mechanism e.g.: potentially it could be a response to an authoritarian parenting style
- Procrastinators tell lies to themselves
- Procrastinators often end up self-medicating themselves
- Procrastinators actively look for distractions, particularly ones that don't take a lot of commitment on their part

# Types of procrastinators

- **arousal types**, or thrill-seekers, who wait to the last minute for the euphoric rush.
- **avoiders**, who may be avoiding fear of failure or even fear of success, but in either case are very concerned with what others think of them; they would rather have others think they lack effort than ability.
- **decisional procrastinators**, who cannot make a decision. Not making a decision absolves procrastinators of responsibility for the outcome of events.

There are big costs to procrastination so recognize it!

**Test yourself:** <http://www.testq.com/career/quizzes/229>

**Treatment alternatives:** highly structured cognitive behavioral approach



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