

...THE SECRET OF ACADEMIC SUCCESS REVEALED
[FOR HIGH SCHOOL STUDENTS AS WELL AS TEACHERS]

THE EXCELLENT STUDENT ✓

THE EXCELLENT STUDENT BY KENNY OSOBA

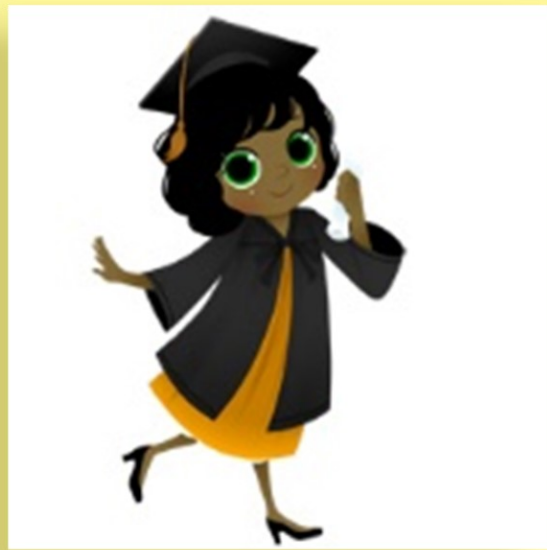


By

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THE EXCELLENT STUDENT

AN EFFECTIVE STUDY TECHNIQUES HANDBOOK
FOR HIGH SCHOOL STUDENTS
AS WELL AS TEACHERS



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CHAPTER THREE

SQ3R TECHNIQUE

INTRODUCTION

Textbooks are often read in the same way pleasure books are read i.e. begin with the first page of the chapter and read to the end of the chapter, without stopping. While this method is fine for novels and mysteries, it is not likely to result in the level of understanding and retention needed for most textbooks. Using SQ3R provides a different method of reading textbooks that will most likely enhance understanding and retention of material. It's not a quicker way to read a chapter in a textbook but it is likely to reduce the amount of time one will need to spend studying the material immediately prior to the test. This is so because more time is spent actually understanding the chapter when it is read initially. Study time then becomes deepening your understanding of the material.

This program will explain the steps of the SQ3R process and help you decide when to use this method.

OVERVIEW OF SQ3R

As the acronym SQ3R suggest, the process has five steps. They are:

- Survey**
- Question**
- Read**
- Recite**
- Review**

The next few pages of this program will explain what is involved in completing each of these five steps and will help you make your reading process more active.

SURVEY

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CHAPTER FOUR MNEMONICS

Ancient Greet Scholar Boncompagno Da Signa states "Memory is an admirable gift of nature by which we recall past things, we embrace present things and we contemplate future things through their likeness to past things" 1235 AD

The scholars used mnemonics to help them memorize their speeches. The research on mnemonics is highly positive in helping children and adults with their memory.

Key Research:

Mastropieri and Scruggs both professors of special education at Purdue University have conducted key research on the use of mnemonic strategies. Theorist's Pressley, Levin and Delaney believe in teaching unfamiliar material through mnemonic devices. Key researcher Dr. Joel Levin has earned an international reputation for his research and writing on students' learning strategies and study skills. Research finds that people who master material quickly and retain it longer use more elaborate strategies for memorizing material. Teachers need to help students learn how to develop their own memory system. Sylvester states in his brain research that it is our emotional system that drives our attentional system. This system drives learning and memory.

This study was found to be very helpful for students. It clarified study techniques for students that might have had a random method of their own i.e. some students used to study this way but didn't realize it was a definite study technique.

What is Mnemonics?

Mnemonics is a scientific tested techniques based on our knowledge of principals of memory. It is a Memory-Aiding Device. There is a link-word method to help memorize material, the **peg word method, chunking associations (stories), ridiculous associations and the use of acronyms and acrostics.** The famous **ROY G BIV**

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CHAPTER FIVE TIME MANAGEMENT FOR STUDENTS

How to use your time

Time is the most valuable resource a student has. It is also one of the most wanted resources. The schedule you develop should guide you in how to allocate the available time in the most productive manner. Sticking to your schedule can be tough; don't dribble away valuable time, **avoiding study is the easiest thing in the world.** It's up to you to follow the schedule you prepared. A good deal of your success in high school or higher institution depends on this simple truth.



The value of a schedule

Before you even begin to think about the process of studying, you must develop a schedule. If you don't have a schedule or plan for studying, then you will not have any way of allocating your valuable time when the unexpected comes up. A good, well thought out schedule can be a lifesaver, so it is up to you to learn how to develop a schedule that meets your needs. Revise it if necessary and most importantly...**FOLLOW IT.**

"HE WHO FAILS TO PLAN, PLANS TO FAIL"

A schedule saves time.

All schedules should be made with the idea that they can be revised. A good schedule keeps you from wandering off course. A good schedule, if properly managed, assigns time where time is needed, but you've got to want to do it!

Making every hour count

A schedule should consider every class, laboratory, lecture, social event and other

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STOP PROCRASTINATING AND DO IT!

Everyone procrastinates at least some of the time and for a variety of different reasons. The secret to dealing with procrastination is to:

- a) Analyze why you are procrastinating in a particular situation
 - b) Choose a start-up strategy (or several) from the list below matching the strategy or strategies to the specific situation and to your personal style.
1. Start simple, break the ice by doing a task that requires little effort.
 2. Plan to work on it 'just 10 minutes' you may get momentum!
 - 3.

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CHAPTER NINE DON'T GIVE UP - YOU CAN MAKE IT!



No matter the opposition that you may face or that may face you, don't give up...it is the opposing wind that makes the kite fly high. That opposition will only strengthen you and take you to the top!

- ✓ **THE RIGHT ANGLE TO APPROACH ANY ANGLE IS A 'TRY' ANGLE...SO DON'T GIVE UP! YOU CAN DO IT!**
- ✓ **NEVER GIVE UP, FOR THAT IS JUST THE PLACE AND THE TIME THAT THE TIDE WILL TURN! HARRIET BEECHER STOWE**

One of my elder sisters went through a tough time in her academics, she had to retake her WAEC out of the city so she could really concentrate on her studies. She took the JAMB exam four times (she wanted to study LAW in the university). Some of her school mates were already graduating from the university while she was trying to secure admission, she was advised to go and get a job and forget about university **BUT SHE REFUSED TO GIVE UP**. Today she has graduated from the university, gone through law school and now A LAWYER...SO DON'T GIVE UP!!!

- ✓ **SUCCESS IS GETTING UP JUST ONE MORE TIME THAN YOU FALL DOWN! DOC BLAKELY**
- ✓ **HOW YOU THINK IS EVERYTHING; ALWAYS BE POSITIVE. THINK SUCCESS, NOT FAILURE. BEWARE OF A NEGATIVE ENVIRONMENT!**

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CHAPTER TEN CONCLUSION

Are You Really Willing To Excel In Your Academics?

The study skills presented here depend on one thing, and that is **your willingness to want to improve and do well in school**. If you really don't want to make the effort and sacrifice, no amount of suggestions, ideas or outlines can help much. You are the one who is responsible for your education and effective study skills can help you. To that end, I give you one last word of advice --- **WORK SMART, NOT HARD!**

As a student, I believe that this handbook has helped you immensely in your academics. As a teacher/instructor, I believe this handbook has added to your knowledge and expertise in teaching and counselling your students.

You can recommend this handbook to your friend, teacher or colleague so that they can also be influenced greatly by the wisdom and skills presented therein.

As you set out to apply these principles, **SEE YOU AT THE TOP!!!**

KENNY OSOBA

For Testimonials, Questions, Comments and More Copies of This Handbook, Please send an Email to kenosob@gmail.com or call **0701 578 5685** or **0802 307 2005**

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