Study Skills: A Quick Guide

What is specialist 1:1 study skills support?

Study skills support may help you to manage your studies more efficiently and to learn more effectively.

A Study Skills Tutor can support you to:

- Understand your individual learning style
- Understand your strengths as well as your areas of challenge
- Refine the range of compensatory strategies you have already developed
- Introduce you to new strategies
- Develop efficient modes of study

How can specialist 1:1 study skills support help me?

The content of the 1:1 sessions will depend upon the areas you wish to target and can cover a range of underpinning skills, such as:

- Time management and organisational skills
- Efficient strategies for reading academic texts
- Techniques for taking notes in lectures and using handouts
- Notetaking from texts
- Mind mapping and planning techniques
- Organising, ordering, structuring and expressing your ideas in written assignments
- Spelling, grammar and punctuation skills
- Proofreading skills
- How to store and retrieve information effectively
- How to use IT and software to assist your learning
- Developing listening skills and ways of sustaining concentration
- Effective revisions methods
- How to analyse the wording of exam questions
- How to make effective use of extra time and other exam access arrangements

You decide the areas that you wish to focus on, and together with your Study Skills Tutor you will decide how to use your allocation of support hours.

What is not covered in the specialist 1:1 study skills support sessions?

The study skills support is not:

- A proofreading service

Updated March 2023
- Extra subject specific tuition for your course
- A counselling service