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Session 1-2: Introduction to Study Skills
- ❖ Understanding the Importance of Effective Study Skills
- ❖ Setting Learning Goals and Objectives
- ❖ Identifying Personal Learning Styles and Preferences
- ❖ Time Management Techniques for Academic Success
- ❖ Overcoming Procrastination and Time Wasters

Session 3-4: Effective Note-taking Strategies
- ❖ Importance of Note-taking in the Learning Process
- ❖ Different Methods of Note-taking: Cornell, Outline, Mind Mapping, etc.
- ❖ Active Listening and Selective Note-taking
- ❖ Organizing and Reviewing Lecture Notes
- ❖ Utilizing Technology for Digital Note-taking

Session 5-6: Reading and Comprehension Skills
- ❖ Strategies for Active Reading and Skimming
- ❖ Improving Reading Speed and Comprehension
- ❖ Annotating Texts and Extracting Key Information
- ❖ Summarizing and Synthesizing Information from Texts
- ❖ Critical Reading and Analytical Thinking Skills

Session 7-8: Effective Study Techniques
- ❖ Creating a Productive Study Environment
- ❖ Developing Concentration and Focus
- ❖ Using Spaced Repetition and Retrieval Practice
- ❖ Chunking and Breaking Down Complex Information
- ❖ Utilizing Mnemonics and Memory Techniques

Session 9-10: Research and Information Literacy
- ❖ Introduction to Research Skills and Resources
- ❖ Conducting Effective Library and Online Research
- ❖ Evaluating Sources for Credibility and Reliability
- ❖ Avoiding Plagiarism and Proper Citation Practices
- ❖ Organizing and Synthesizing Research Findings

Session 11-12: Writing and Academic Communication
- ❖ Understanding the Writing Process: Pre-writing, Drafting, Revising
- ❖ Developing Clear and Coherent Thesis Statements
- ❖ Structuring Academic Essays and Papers
- ❖ Improving Sentence Structure and Clarity
- ❖ Editing and Proofreading Techniques

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Session 13-14: Test Preparation and Exam Strategies
- ❖ Developing Effective Test-taking Strategies
- ❖ Creating Study Guides and Review Materials
- ❖ Managing Test Anxiety and Stress
- ❖ Utilizing Practice Tests and Mock Exams
- ❖ Analyzing Test Results and Learning from Mistakes

Session 15-16: Group Study and Collaboration
- ❖ Benefits and Challenges of Group Study Sessions
- ❖ Establishing Group Study Norms and Expectations
- ❖ Effective Group Communication and Collaboration
- ❖ Dividing Tasks and Maximizing Group Productivity
- ❖ Providing Constructive Feedback and Peer Support

Session 17-18: Presentation Skills
- ❖ Structuring and Planning Oral Presentations
- ❖ Developing Engaging Visual Aids and Slides
- ❖ Practicing Effective Delivery Techniques
- ❖ Handling Questions and Managing Audience Interaction
- ❖ Peer Evaluation and Feedback on Presentations

Session 19-20: Technology Tools for Academic Success
- ❖ Utilizing Productivity Apps for Time Management
- ❖ Managing Academic Deadlines and Assignments with Calendars
- ❖ Using Online Collaboration Platforms for Group Projects
- ❖ Exploring Digital Note-taking and Annotation Tools
- ❖ Accessing Online Resources and Databases

Session 21-22: Critical Thinking and Problem Solving
- ❖ Introduction to Critical Thinking Skills
- ❖ Analyzing Information and Identifying Bias
- ❖ Developing Logical and Coherent Arguments
- ❖ Solving Complex Problems through Systematic Approaches
- ❖ Applying Critical Thinking to Real-world Situations

Session 23-24: Self-assessment and Reflection
- ❖ Reflecting on Learning Progress and Challenges
- ❖ Identifying Areas for Improvement and Growth
- ❖ Setting Personal Learning Goals for Future Success
- ❖ Seeking Feedback from Peers and Instructors
- ❖ Creating a Personalized Study Skills Action Plan