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## THE WAYS OF EFFECTIVE STUDY

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**Abstract:** one of the most difficult things for students to learn is how to create a system of studying that works for them. The author mentions different learning styles, a wide range of teaching techniques that are useful for students in their studying process.

**Keywords:** teaching techniques, obtain, determine, effective way, learning style, benefits, examination

**INTRODUCTION** To have an effective way of learning is the basic tool to cope with the vast volume of information obtained. Studying effectively depends upon 2 factors: the content you intend to study and how you learn. Learning styles classically fall into 4 groups according to the VARK model (Visual, Aural, Read/Write, and Kinesthetic) [1]. Different learning techniques may be useful to students of other learning styles and help to determine a unique learning one

### Main part

There is a wide range of teaching techniques people use for their learning:

- Studying in different or new locations—students often have an ideal location where they feel comfortable to study. However, it is proposed that studying in different locations can aid in memory recall and learning [3,4].

This could be different areas in the same building or completely separate locations but changing location may reap significant benefits.

- Working in groups—Each person may learn a different topic to teach to the student group later. The preparation involved in teaching and the interaction you have with your fellow students can help to consolidate your learning [3].
- Spider diagrams/mind maps—Mind maps are a revision technique often not utilized by students yet they are a good revision technique for enabling factual recall compared with other study methods [5].
- Flash cards—These can be made to cover systems/diseases or specific questions. They are very easy to carry around and can be used alone or as part of a group. There are a number of web programs that create flashcards based on the content you are learning, some of which allow flashcards to be distributed electronically between fellow students [2,6].

A solid plan and revision timetable are critical to success upon examination. Successful students schedule specific times throughout the week when they are going to study and then they stick with their schedule. Students who study sporadically and whimsically typically do not perform as well as students who have a set study schedule. Even if they all caught up with the studies, creating a weekly routine, where they set aside a period of time a few days a week, to review the courses the students will succeed in education long term.

Some students like to dedicate specific days of the week to certain topics and others, different times in a day and this will vary from person to person. It is possibly best to implement a mixture of the 2, where there is an initial block session to establish the basics, followed by a number of consolidation periods over time to go over and reinforce your learning [2]. For big topics, it is often easier and more time efficient to try and establish a pattern of learning that involves regular, small periods of work. Switching between topics when studying may also aid in effective learning [2].

It is important that the learning is derived from a range of resources, including past papers. Past papers should be used early to gauge where they are before revision and then used later when have covered most of the required material to identify unique areas of weakness. Online test services and question banks have exploded in recent years. They now enable the student to test knowledge by domain and even by question type (for example, extended matching questions and single best answers, which each require a different examination technique).

It is imperative that any books and websites are up to date with current guidelines and best practice. Most students use online resources as much, if not more, than book-based resources. Social media, such as

Facebook and Instagram, is also rapidly becoming a platform by which the student can access resources.

Planning how to approach **examinations** is critical. The student should be aware of what are expected to know, and how he is going to be assessed on it. The best way to pass practical examinations is to have actually done, what are expecting to be able to do and receive feedback. It is important to create a consistent, daily study routine. When a student study at the same time each day and each week, their studying will become a regular part of the life. They will be mentally and emotionally more prepared for each study session and each study session will become more productive. If they have to change the schedule from time to time due to unexpected events, that's okay, but should get back on the routine as soon as the event has passed. This is all practice based so it is best to watch an expert doing it, or access online resources explaining how to do it, then continually practice. Many schools will have dedicated teaching sessions run by skilled tutors, allowing to learn from a professional approved by a school and an opportunity to practice between yourselves, a method found to be very effective [7].

There are a number of books detailing how **communication** skills are examined. The key here is knowing the structures of communication stations, key facts, and practice. Practice with friends going through the scenarios provided. Communication stations take many forms: focused history, explaining a procedure, gaining consent, establishing capacity and many others. All communication stations run on a backbone of a clear introduction, good rapport with the patient, and checking for any ideas, concerns, or expectations they may have throughout the consultation.

Highly successful students have generally learned to avoid multitasking.

Instead of spending a lot of time doing low-intensity work with numerous distractions, these students work for shorter periods at higher intensity, without any distractions from email, social media, etc. Their studying is more effective and leads to greater achievement gains. Teachers can guide students to avoid ineffective studying habits in favor of ones that will increase their learning outcomes.

People imagine that long hours of studying are the best path to being a model student. Yet research shows that highly successful students actually spend less time studying than their peers do—they just study more effectively. Research shows that students have better memory and recall abilities when they learn new information with the expectation of having to teach it to someone else. This makes sense, as teachers are charged with not only learning information for themselves, but also with organizing key elements of said information to explain it clearly to others. Studies also suggest that students are more engaged and will instinctively seek out methods of recall and organization when expected to take on a "teacher" role. This can be especially effective with subjects like reading comprehension and science, though part of the magic involves working out how you'd "teach" each subject on a case-by-case basis.

Scientists started exploring the "curve of forgetting" in 1885, but the concept remains useful to today's study habits. The gist of the "curve of forgetting" is this: The first time you hear a lecture or study something new, you retain up to 80% of what you've just learned -- if you review the material within 24 hours. Fortunately, this effect is cumulative; so after a week, you may retain 100% of the same

information after only five minutes of review. Generally, psychologists agree this type of interval studying -- as opposed to "cramming" -- is best, and that students should study closer to the day they learned the material than the day of the test.

Sleep is key for examination preparation as sleep deprivation reduces the effectiveness of study and can considerably hinder the performance on the day [10]. It is recommended that regular sleep patterns are adopted, aiming for 6 hours of sleep or more daily. Naps in-between study sessions may also aid in effective study. Alongside sleep deprivation, reduced recreational exercise has also been shown to hinder examination performance [11]. It is essential that you keep a schedule of exercise during examination season. Exercising reduces stress, prevents burnout, and delays the onset of mental health conditions such as depression [10].

Studying at tired time can help the brain retain higher concentrations of new skills, such as speaking a foreign language or playing an instrument. There's even a term for it: sleep-learning. As the memory-consolidation process does its best work during slow-wave sleep, the brain could be getting both the restoration and reactivation it needs during its time of rest. All of this means that reviewing study materials before bed can help the brain learn, even in the sleep. The benefits of exercise on the brain have been well established in the fields of health, fitness, and psychology. Studies show a brainpower gets a boost following even a short workout, as our bodies are pumping oxygen and nutrients to the brain. According to Dr. Douglas B. McKeag, breaking a sweat shortly before cracking the books can make you more alert, open, and able to learn new

information during your post-workout study session [12].

Finally if the student feels stressed, he must talk to someone about it. It is most likely that there are numerous other students feeling the same way. They need to ensure to have a robust support network during school, particularly around examination time. This network can be made up of family members, fellow students, or friends or the welfare office at school or university. There is a wide range of services that can be offered and some of which can be accessed independently.

- a. Know the examination dates and the amount of time to prepare.
- b. Use a range of learning techniques and study in chunks to ensure effective study sessions.
- c. Practise for your practical examinations, either with fellow colleagues or sessions run by your school.
- d. Sleep well, exercise, and maintain a healthy, balanced diet especially during examination season.
- e. Have a robust support network, which can be relied on during periods of stress.

### CONCLUSION

It is important to create an effective learning environment for students as well as a safe environment. We must make sure that students are successful and give positive reinforcement to assist with creating a positive self-image. This is a critical stage in their educational and personal development. Study skills are very important tools that must be learned and practiced. Having good study skills

is an invaluable asset in all areas of life, not just school. The term "study skills" is a broad range of skills and abilities: time management, research analysis, reading, writing, verbal communication, and others. Essentially having well developed study skills will help to become a more confident, effective, productive and intelligent person in both personal and professional lives.

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