



Workshop on ‘Effective Study Habits and Time Management’

Date: 28 January 2016

Conducted at: ITL Public School

Conducted by: Expressions India

Resource Person: Ms. Geetanjali Kumar.

For: Classes VIII-IX

It is quite common to see that some students who appear to study all the time just get by, while others who don't appear to put in as much time and effort do well. Is it all related to IQ and genetics or are some other factors involved? The truth is that success in school is not so much determined by sheer intelligence as knowing how to study. Studying is a skill. Students must first learn these skills, practice them and develop effective study habits in order to be successful. Good study habits include many different skills: time management, self-discipline, concentration, memorization, organization, and effort. Once students develop effective study habits, the job of studying and learning becomes easier. Instead of working harder, they can start working smarter.

It was with this intent that a one day workshop was organised in school for VIII-IX class students to empower them with essential habits required for this so that they can accomplish more with less effort and time. The resource persons Ms. Geetanjali Kumar from Expressions India, a CBSE empanelled agency gave tips to students how to prepare a time table and how to formulate learning devices for themselves depending on whether they are visual, auditory, tactile or kinaesthetic learners. She also explained how students could use mnemonics, acronyms, peg words, wall charts, active reading and note-making practices to make their reading more productive.

The workshop undoubtedly capacitated students to strike a balance between their curricular, co-curricular and leisure activities.

