



BON SECOURS COLLEGE OF EDUCATION

NAAC with 'B' Grade

Affiliated by Tamil Nadu Teachers Education University, Chennai
Vilar Bypass Road, Thanjavur – 613 006

STUDY SKILLS TRAINING

Study skills are approaches and strategies that use in learning. These are the most important skills to master to get good grades. Honing study skills not only helps one succeed academically, and useful for learning throughout one's life. Study skills are an array of skills which tackle the process of organizing and taking in new information, retaining information, or dealing with assessments. Without effective study skills one will become overwhelmed and discouraged. Study skills training was given by **Dr. M. L. BALA JOSEPHINE**, M.Sc(Maths)., M.Sc(Psy)., M.A(CCJA)., M.Sc(G&C)., M.Ed., Ph.D(Edu)., Assistant Professor in Education, emphasized and trained B.Ed second year student - teachers on 19/07/2017 to hone their study skills such as mnemonics which aid the retention of lists of information; effective reading; concentration techniques, mind mapping, flow charts and diagrams and efficient note taking for their use and to practice the same during their teaching hours with their students in schools to avoid procrastination and cramming. Exercises were given to student - teachers for practicing study skills.