StudyReport

Study Method Report For

Example Study Method Report

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Confidential Content

ShadowmatchStudyReport

Introduction

Don’t let anybody tell you anything about shortcut study methods and quick exam tricks. They do not exist, and it will only put your studies at risk. There is only one way to be successful with studies: hard work. Sometimes one has to work strenuous, long hours, get through significant volumes of study material as well as complex content. The only way to succeed is to spend long and hard hours with your study material and to work relentlessly until you are ready for your exam. This guide will help you by matching your best method of studying with your existing set of habits. There is however, more in the report. Work through all the detail and watch the videos. Remember, the best study method is the one that gives optimal success with minimal effort. This is the aim of this guide.

Should you study for long sessions, or should you instead work in short, intense sprints?

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Is it best to study in a group with fellow students or instead study alone?

Sometimes students are, against their choice, forced to work as part of a study group. This is not right because all people are not equally comfortable with group dynamics and the challenges a group holds for them. What then happens is that the group takes up valuable time that individual members of the group could rather have spent on their study material.

Some students experience group studying as frustrating and some experience it as stimulating. This is normal. You have a unique situation. Your habits of working and studying in a group and your habits of working and studying alone are almost in perfect balance. This is how you should use this to benefit your study methods. You need to be part of a study group, but the group should only function when necessary. For the rest of the time, you should rather study alone. The question is why will it be necessary for the group to come together? There are a few reasons to come together. When the work is very complex and group members experience difficulties in understanding the content, then the group must get together to help each other. If you are the one who understands the work, then you need to help the group. If the workload is very tough in terms of the volume of work, the study group should come together to help each other. The group could also get together to review the academic content by sharing what they think will be important and how to approach specific parts of the work. For the rest, study alone!

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Preparing for Mathematics, Calculus, Statistics, Science and Bookkeeping-type exams

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Optimal Practical Study Method

Shadowmatch has a well-researched method of helping you to optimize your personal study methods. A study method that works for one person doesn't necessarily work for the next individual. We are just too complex and different in our ways. Shadowmatch looks at your habits and how they function in combination with each other to indicate specific preferred methods of working and/or studying. Your specific method of studying is unique to your habits. But please remember, in studying there are no shortcuts.

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Method Number One: Practice/Exercise

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Method Number Two: Test Writing

Watch the Video

Your habits put you in the perfect position to use one of the most tested methods of studying. Shadowmatch refers to it as repeated self-testing. For most students, six tests are enough, but you must determine your minimum number of tests by starting with rather too many than too few numbers of repeated testing. The process is very simple. Firstly, don't spend too much time trying to fully understand everything you need to study. Rather spend your time to memorize what you need to know. With that in mind, phase one of your preparation is to go through your scope of studying and imagine that you are the teacher/lecturer for this coming exam. As you go through your work, write down good questions that you think your students will experience as difficult. But, don't write down the answers. This is absolutely important. Don't write down the answers! Just the questions. Cover every aspect of your academic scope of work. Don't leave anything out and be as complete as possible. Once you have created your exam, make four additional copies of the test. Once you've done this, you are done with the most challenging part of your preparation, and you should take a break of at least thirty minutes. Back at your study desk, put your books away and write your own test exactly as you would do it in the exam. When you are done, put everything down and take a fifteen-minute break. Back from your break, take your books and mark your exam answers and check your study material for the correct answer to each question. Calculate your points as a percentage, and throw your completed exam answer and question sheets in the rubbish bin. Take the same but second exam test, and write the exam again. Do everything exactly as the first round and write the exam in full. Don't take shortcuts and don't skip questions because you don't like the content or you may think you know the answer. Be determined. Write the full exam. It would be best if you scored ten percent more with every exam you write. Your final exam should be well above 80% before you go and write your real exam. The fact that you have a preference to work as part of a study group has immense value for this process. Try to get three or four fellow students to also compile tests, every member of the groups must write the test compiled by every other member of the group, and you should mark each other's answers. The moment you've scored above 80% for a complete test, you are ready to go and write your exam. Sleep seven hours and on the day of your exam, just read through the test questions and think of the answers. Be very relaxed because your exam should go well

Careful of these...

Unique and very specific road-blocks that could frustrate your academic journey.

Most students have some form of stress trigger that for some weird reason, lets them disengage from studying. The reasons are difficult to understand. Shadowmatch can help you to minimize this risk. Your habits might leave you in a situation where studying just becomes something you don't want to do. Or you may, in a specific situation, just lose interest in the academic content. Shadowmatch will now describe your specific risk experiences and what to do about it.

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Becoming anxious

Anxiousness amongst students is one of the most common challenges. It happens when you become so stressed that physical, biological functions of your body feel compromised. For instance, you feel short of breath, you suffer from headaches, stomach pains, neck muscle spasms, and you experience the feeling of someone standing on your chest. You might also experience sweating, an increased heartbeat, suffer panic attacks, etc. This absorbs so much energy that it becomes impossible to study effectively. Anxiousness amongst students is mostly fear-related. This fear is in many instances based on a feeling of being unsure whether you will pass a test or exam.

The solution:

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Losing track of the work

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The solution:

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Poor efficiencies

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The solution:

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Fatigue

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The solution:

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I can't

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The solution:

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Ten tips

The following are general tips. The ones in bold are especially important to you.

- ***Mobile Phone***

The direct advice is to put it away and only use it during your breaks. If you can't put it away, give it to someone to keep it for you. Maybe you feel that you use your mobile phone to communicate with fellow students. This slows you down, and it is a distraction. Rather communicate with fellow students during your breaks.

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Emergency Exam Preparation Tips

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Exam Writing Tips

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Online students, distance learning and home-schooling

Please note that this part of the Study Method Report is specifically to help students who have to study from home, attend online lectures and predominantly work independently. They study without physically attending lectures with fellow students at a physical campus where they can engage fellow students and get face-to-face student and academic support.

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Quae autem natura suae primae institutionis oblita est? Scaevola tribunus plebis ferret ad plebem vellemne de eo in quem. Quorum fuit haec institutio, in qua animadvertas velim quid mutandum putes nec expectes, dum ad omnia dicam, quae a te dicta sunt. An eo, quae per ordinem ambos consequebatur, per se ipsa curabit? Nam modo earum alia quamquo, verum etiam vehementer earum esse? Ego autem illis. Plus, assentior usu hoc vereor, ut actus aliquanto et attentius de claris viris tacerum admonitu cogitemus. At enim his etiam dolore.

Conclusion on the Study-From-Home Guidelines

Being an online student is tough. It takes lots of energy and a steadfast way of studying. The most important of all is to spend some time on your academic tasks for at least five days a week. You must try and work on your studies almost every day, even if it is only for thirty minutes or an hour. Please keep contact with your study material so that your awareness of the content stays alive. Shadowmatch wishes you success, fulfillment and a positive outcome on your journey.

A Final Word

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