

IF ONLY I KNEW HOW TO DO IT...

How to study effectively at university?

Know yourself: Motivation to study

The course is supported by the project **EFOP-3.4.3.-16-2016-00005 „Korszerű egyetem a modern városban: Értékközpontúság, nyitottság és befogadó szemlélet egy 21. századi felsőoktatási modellben”**.

Why and how do you study?

- Understanding our own study methods – starting point to increase efficiency of study → → →
- Conscious control of our own study processes → less energy input, shorter time is needed to acquire useable knowledge
- Factors of efficient study:
 - ✓ Our relation with studying (motivation, pleasure in study)
 - ✓ Studying habits, knowing and applying efficient study techniques
 - ✓ Possessing and developing basic skills necessary to study

Why do you study? Motivation to study

- Study motivated by personal interest, active processing of study material → better achievement
- We can remember much better what interests us, what we study with pleasure
- Interest in something → motivation

Why do you study? Motivation to study

- Four motivation factors that affect each other:
 - ✓ Curiosity, interest
 - ✓ Attempt to achieve success or avoid failure
 - ✓ Need for social recognition (need for being justified, dependency, need for being acknowledged, effort to avoid punishment)
 - ✓ Recognising the usefulness of the study material

Why do you study? Motivation to study

- Motivation – biggest difference between students who just pass subjects and achieve the minimum requirements, and students with the best performance
- Success of studying is determined:

interest	25%
Good study technique	33%
intelligence	15%
Other factors	27%

Types of motivation

- External (outer) motivation:
 - Aim: achieving a well-defined purpose, profit
 - E.g. expectations on behalf of parents, teachers; effect of peers; financial motivation; career-related expectations
- Internal (inner) motivation:
 - The aim is finding pleasure in the activity (studying)
 - Reward is included in the activity itself
 - e.g. pleasure in successfully solving a problem; we find pleasure in explaining things to our fellow students
 - Ambition, desire to receive acknowledgement, self-realization, desire to know new things, pleasure in intellectual development
- Ideal study process of adults: more and bigger influence is achieved by inner motivation factors than by outer factors

Developing your motivation

- Highschool (secondary school): less inner motivation is needed (teachers – outer motivators, you have to study every day)
- University/College: lower level of outer motivation
 - Students should motivate themselves for regular studying
 - Beginning of semester: subject aims, requirements are made known (see course description!); student's progress is not checked on a regular basis
 - Students are treated as responsible adults; it is their task to plan and organise their own studies
 - Teacher: mostly takes part in evaluating how successful the studying process was
 - ***Self-regulated learning*** – students have to motivate themselves; plan, structure and control study activities independently, with responsibility (Réthy 2003)

Developing your motivation

- University studies:
 - The whole process of studying is the student's responsibility
 - Purposes are sometimes difficult to grasp – not easy to connect them to everyday tasks at school
 - student: some idea about future career – „I'm going to be a pharmacist.”
 - But what does a pharmacist do exactly?
 - What kind of knowledge is necessary to become a pharmacist?
- (orientation – e.g. *Daily Routine and Challenges in Various Fields of the Pharmacy Profession* course)
 - Students do not understand, why they should study a given subject, (What are the short-term goals?) → uncertainty („Am I at the right place?”)

Developing your motivation

- Objectives of higher education:
 - Preparing for a profession
 - Student → person with general knowledge, thinking people
 - Should be able to write, read and think in an *analyzing mode*; should be able to master new knowledge, process information appropriately
 - Everything that you learn may become useful and important
 - School tasks – students are required to develop their thinking skills
 - Develop your thinking skills – mainly by studying!
 - If you have deep knowledge and experience in any field of science – ↑ chances to solve any difficulty, meet new challenges (Angyal 2007)

Developing your motivation

- Employers: do not seek „ready-made” employees, but individuals who have proven that they are able to study
- Any kind of job: you have to learn a lot, continuously (Szabó 2008)
- The time of knowledge limitation is becoming shorter (several pieces of knowledge acquired in first years of university are no longer valid at the time of graduation)
- Knowledge-intensive industry: the ability to study receives greater emphasis (in addition to your degree/diploma)

Developing your motivation

- For studying efficiently you need the intention to study („I want to study”)
- Study with pleasure: you want to gain knowledge, because you are interested in what you are studying; you would like to acquire more knowledge; widen your perspective
- Real learning: pleasure and efficiency – see small children „What is this?” „Why?” – being interested in everything, desire to learn new things, openness→ fast, efficient, complex studying
- We should keep this kind of being open to new things, being interested, having the desire to study
- Inner need to study in our whole life (lifelong learning)

How can studying be a source of pleasure?

- Know the aim and significance of studying
- Know WHAT to study and HOW
- The more you read and study, the easier it will become
- Study with others – study groups – students thinking similarly – can encourage each other to perform better
- Find the study technique that works the best for you (less time – better result)

→ → → Not just survive university years, but do it with pleasure!