

Why do you need to improve your study skills?

(ie. Why should I bother with this workshop?)

“Go beyond high school or face big trouble.”

-University graduates make twice as much as someone with no post-secondary education (30% more than those with college diplomas).

-The income gap is growing (eg. in 8 months in 2015, Ontario added 45,600 jobs, and all of them were for people with post-secondary credentials, while 91,000 people with high school or less lost their jobs).

(Source: Article in the Toronto Star entitled, “Education, age important in post-recession Toronto, report says”, Nov. 3, 2015)

“Report suggests that nearly half of jobs are vulnerable to computerization”

-A recent report concluded that ***in the next 20 years*** 45% of all U.S. jobs are at a significant risk of being eliminated. Computers will replace people primarily in occupations where little education is required.

(Source: Article with the above title found in MIT Technology Review. Research conducted at Oxford Martin School, Oxford University)

Video - Humans Need Not Apply



What's the good news? Relatively high incomes are attainable with a post secondary education.

- Top 1% of Canadian wage earners = begins at \$220,000 per year
- Top 5% of Canadian wage earners = begins at \$115,700 per year
- Top 10% of Canadian wage earners = begins at \$89,000 per year

(Source: The Hamilton Spectator, "Top 1% of Canadians earned \$454,800 on average in 2013")

What can you do? Focus on improving your effort level.

-Research by Carol Dweck, professor of psychology at Stanford University, found that students who focused on effort and believed that growth was achieved through hard work outperformed those who believed that marks were determined by intelligence.

(Source: Scientific American, "The secret to raising smart kids")

-Research by Dr. Arthur Poropat, Griffith University, found that personality (in this case, hard work and curiosity) might be a better predictor of academic success than intelligence alone.

(Source: Science Daily, "Personality Outperforms Intelligence at School")

How do you increase your effort level?
Focus on your study skills/habits.

1) Do at least two hours of homework each and every day

-In a major study at Oxford University (which tracked 3000 students over 15 years), it was found that students who spent more than two hours a night doing homework achieved better results in English, maths, and science.

(Source: The Guardian, "Two Hours' Homework a Night Linked to Better Results")

2) Don't cram. It doesn't work. Use an agenda and follow a study schedule.

-UCLA researchers found that (although students who averaged more study time overall tended to receive higher grades), if students sacrificed sleep to cram, their academic problems increased for the next few days, instead of decreasing.

-Research at the University of California found that spacing out learning was more effective than cramming for 90% of the participants.

(Source: BBC, Memory: Why Cramming for Tests Often Fails)

3) You can't multi-task. Turn off your cell phones while studying.

- "Research conducted at [Stanford University](#) found that multitasking is less productive than doing a single thing at a time. The researchers also found that people who are regularly bombarded with several streams of electronic information cannot pay attention, recall information, or switch from one job to another as well as those who complete one task at a time."

(Source: Forbes, Multitasking Damages Your Brain and Career: Studies Suggest"

Video - “Digital Dummies”



4) Reduce the amount of time you spend with social media

- Report found that U.S. teenagers spend an average of 9 hours a day using social media.

(Source: CNN, "Teens Spend a 'Mind-Boggling' 9 Hours a Day Using Media, a Report Says")

- Research has shown that marks increase when high schools ban cell phone use. And, the students who struggle the most in school increase their marks by the greatest margin.

(Source: CBC, "School cell phone bans raise grades, says researchers")