

HKBU Self-Study Skills

Planning your independent learning study

Before you start an independent study plan you need to consolidate your preparation, in order to make the most of your study time. Good planning will help you carry out the work more efficiently.

Before you complete this worksheet, you need to:

- ❖ Consider your purpose and analyse your needs;
- ❖ Prepare an overall target for your study plan;
- ❖ Think about your learning style preferences;
- ❖ Search for and find some suitable materials for your work.

(Go to our Self-Study webpages if you need help with these steps:

http://lc.hkbu.edu.hk/sall/english/resource_selfstudy.php)

Now you can prepare a study plan.

1. Study goals – breaking down your target

a) Length of time I can commit to self-study (e.g. 4 weeks, 3 months):

b) My overall target for this period is:

c) I will pay attention to the following areas where I have problems:

Now let's look at the best days and time for your study.

2. Study habits - when you study best

a) How much time do you want to spend a week on improving your English?

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b) What time of day do you study best?

c) Do you study better by doing several short sessions or fewer, longer ones?

d) Which are the best days for you to give time to your English this semester?

e) Look at your timetable and work out exactly which hours you will give to your English independent learning project.

3. Study environment – where you will work

a) Where are you going to study? (Think of a place where you feel comfortable and can concentrate well.)

b) Why do you like this place?

c) Can you work in this place during the hours you mentioned in section 2?

d) If not, where will you go instead?

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4. Study style – how you like to work

a) Will you work alone or with a partner?

b) Do you remember things better when you see them or when you hear them?

c) Do pictures / diagrams help you to understand or remember things?

5. Study materials

a) Which types of materials will you use?

b) Will you use different materials or concentrate on one source?

6. Study support

a) Are there any additional resources on campus / Internet that can help you with your study?

b) Who will you go to if you need to check something you cannot do by yourself?

7. Study success

a) What will you do to reward yourself after each independent learning session? (Think of something nice that will help you say 'well done' to yourself.)