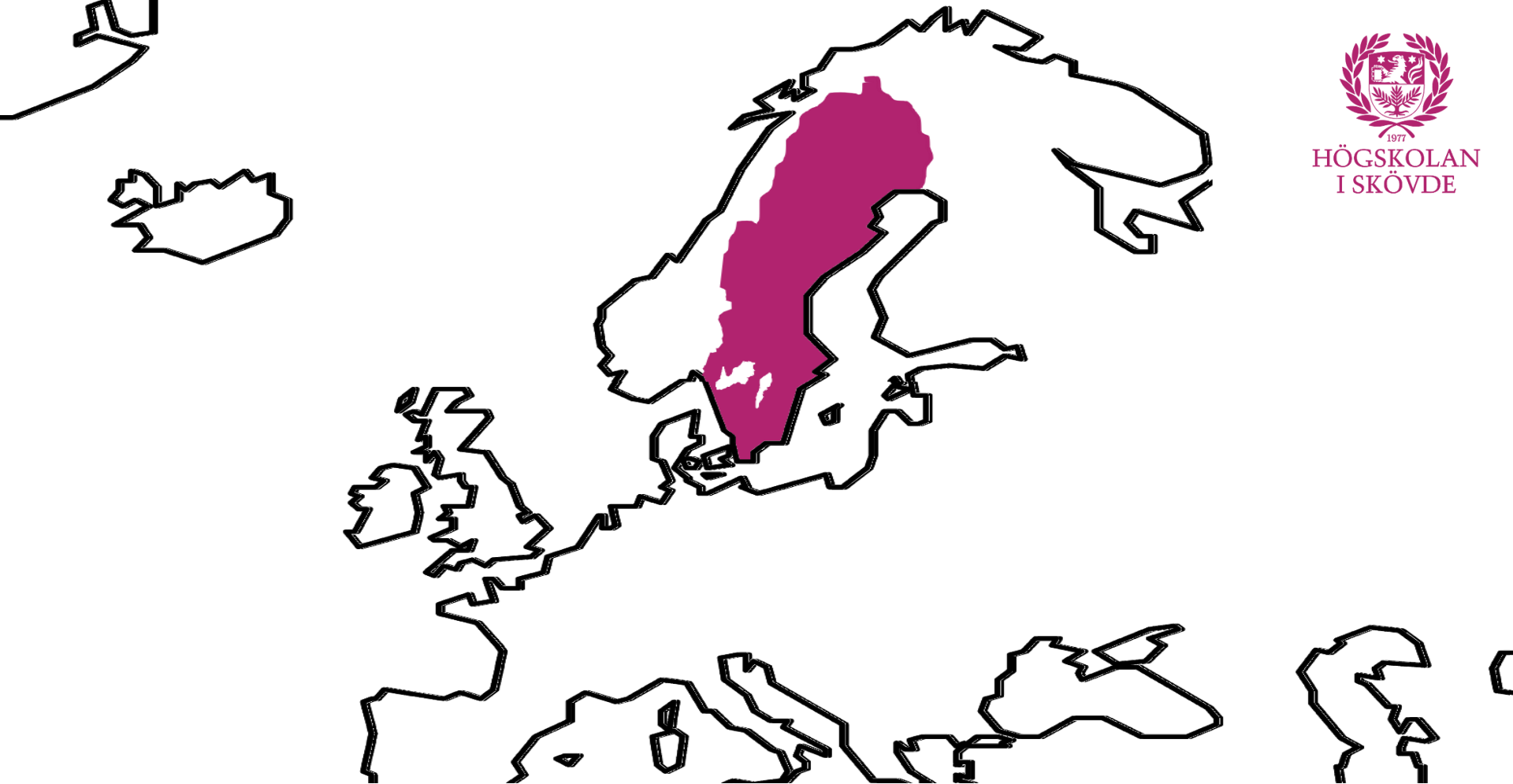


STUDY SKILLS FOR STUDENTS – DOES IT MAKE A DIFFERENCE?





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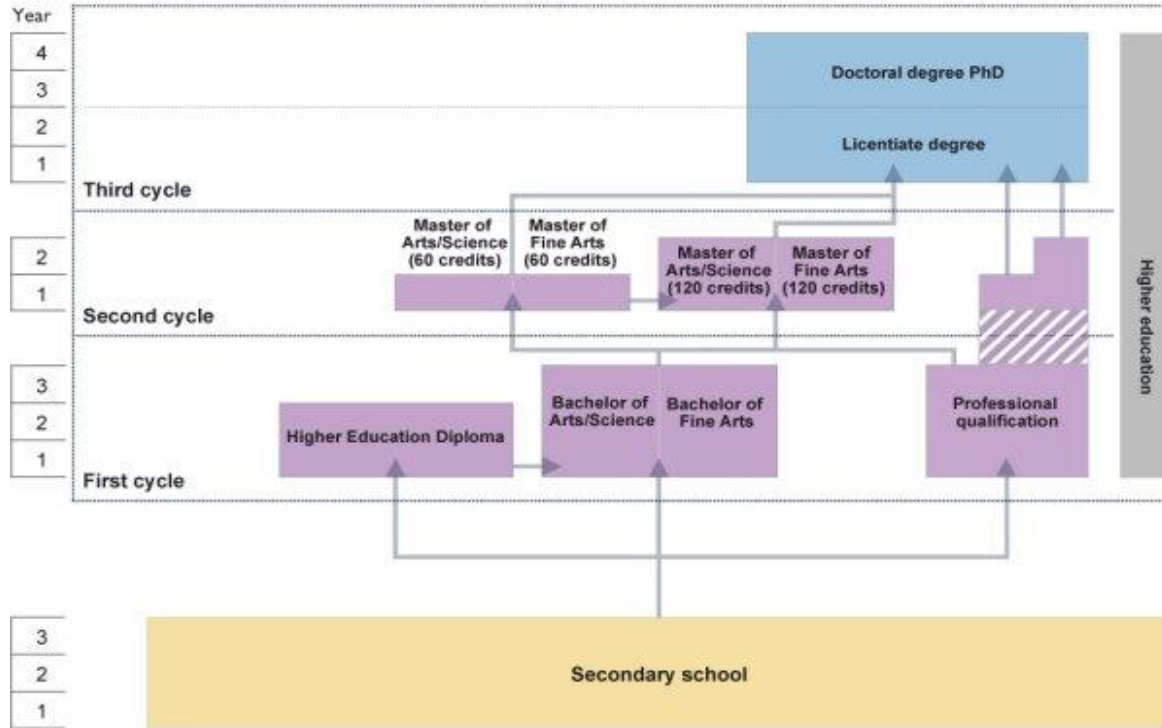
SKÖVDE – 50 000 inhabitants



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HIGHER EDUCATION IN SWEDEN



UNIVERSITY OF SKÖVDE – 11 000 (4 400 full year students) and 500 staff



HIGHER EDUCATION IN SKÖVDE

- Computer Game Development , Information technology, Engineering and Nursing are strong profiles
- 40 programmes – 500 courses
- Most students between 19 – 27 years



WHY A COURSE IN STUDY SKILLS?

- Too many dropouts
- University studies a challenge
 - new ways of studying
 - individual planning is necessary



WHY A COURSE IN STUDY SKILLS

- Improve and strengthen students functioning in a stressful environment
- Develop students self-knowledge and self-confidence

ABOUT THE COURSE

- Held since 2008, autumn and spring
- Offered to all programme students
- campus or distance -
in the beginning of their first semester
- 1,5 credits



ABOUT THE COURSE

- Three lectures
 - Study- and learning styles – learning style test included
 - How to study at university level
 - Stress and stress management
- Examination
 - Write a short essay – reflect on the outcome of the learning style test
 - Make a schedule for upcoming learning activities and social life

HOW DO WE KNOW IT MAKES A DIFFERENCE?

To discuss:

How do we evaluate the impact of a course like this?

How can this course be improved?



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WELCOME TO
SWEDEN