

FUMA

STUDY SKILLS PROGRAM

## WHAT IS OUR STUDY SKILLS PROGRAM

FUMA's online study skills program is an academic tool provided to every cadet who attends FUMA. The tools, helpful hints and information is provided in a PowerPoint format accessible online at all times for each cadet. This program is created to help students investigate and access tips and strategies in learning the most effective ways of studying and retaining information. The ability to organize ideas and materials effectively is foundational to learning and is the basis for the FUMA Study Skills program. These online links are designed to equip students with tools necessary for academic success and to help them become active participants in their own education. This online tool takes an intentional approach of helping students develop disciplined study habits and effective organizational systems to support critical thinking and learning. Topics include, but are not limited to: managing distractions, organization, setting priorities, taking notes, differentiated learning styles and developing key strategies for listening, reading and writing. Students can read about new study strategies each day and grow in their awareness of which techniques work best for them in various academic settings. This program is designed to increase the students' awareness of what they are learning, why they are learning, and how they learn best while offering them tools to improve even further.

\*PowerPoints and new content will continuously be added throughout the year.

# WHY?

Why does it matter how you study?

Why do teachers, parents and educators tell you to study a certain way?

Please click on our PowerPoint link below and read about how our brain absorbs information and why we learn the way we do.

[https://www.forkunion.com/sites/default/files/Content/PDFs/Brain\\_Process.pdf](https://www.forkunion.com/sites/default/files/Content/PDFs/Brain_Process.pdf)

## GENERAL STUDY TIPS

Click on the following link to learn about general study skills....

[https://www.forkunion.com/sites/default/files/Content/PDFs/General\\_Study\\_Tips.pdf](https://www.forkunion.com/sites/default/files/Content/PDFs/General_Study_Tips.pdf)

How about tips and videos to help you with procrastination and motivation?

[https://www.forkunion.com/sites/default/files/Content/PDFs/Tips\\_for\\_overcoming\\_procrastination\\_and\\_promoting\\_motivation.pdf](https://www.forkunion.com/sites/default/files/Content/PDFs/Tips_for_overcoming_procrastination_and_promoting_motivation.pdf)

# LEARNING STYLES

Finding out your primary learning style will show you how to study in a way that helps you learn faster and more efficiently.

Ultimately, you will end up working smarter, not harder.

Click the link below to take a short assessment online to learn your primary learning style.

<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>

Once you find out your primary learning style, follow the links below to learn about tips to help you study.

Visual Learner: [https://www.forkunion.com/sites/default/files/Content/PDFs/Visual\\_Learner.pdf](https://www.forkunion.com/sites/default/files/Content/PDFs/Visual_Learner.pdf)

Auditory Learner: [https://www.forkunion.com/sites/default/files/Content/PDFs/Auditory\\_Learner.pdf](https://www.forkunion.com/sites/default/files/Content/PDFs/Auditory_Learner.pdf)

Kinesthetic Learner: [https://www.forkunion.com/sites/default/files/Content/PDFs/Kinestic\\_Learners.pdf](https://www.forkunion.com/sites/default/files/Content/PDFs/Kinestic_Learners.pdf)