



Certificate of Achievement

Matthias Giger

has completed the following course:

IMPROVING YOUR STUDY TECHNIQUES UNIVERSITY OF GRONINGEN

This online course explored techniques to improve general study skills and study behaviour.

4 weeks, 2 hours per week



Anne-Miek Hermsen
Trainer / Counsellor
University of Groningen



Maple Hupkens, MSc
Trainer / Psychologist
University of Groningen



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The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit futurelearn.com/proof-of-learning/certificate-of-achievement.

This learner has not verified their identity. The certificate and transcript do not imply the award of credit or the conferment of a qualification from University of Groningen.



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This online course explored techniques to improve general study skills and study behaviour. The course covered topics including the three-step model of previewing, studying and revising, time management and creating SMART study plans. Furthermore, ways to tackle stress, motivation and procrastination were introduced to help develop an effective and pleasant way to study.

STUDY REQUIREMENT

4 weeks, 2 hours per week

LEARNING OUTCOMES

- Identify the most important topics of a text
- Develop a clear and useful summary of a text
- Apply effective revision methods
- Design a study plan that really works for you
- Reflect on your tendency to procrastinate
- Explore stress reduction
- Reflect on your study motivation

SYLLABUS

- Study preparation
- The three-step model of studying: previewing, summarising, revision
- Study planning
- Attending lectures
- Exam techniques
- Procrastination
- Stress
- Motivation