

## Study Goals and Tips

Are you studying to improve skills, because you like a challenge, to pursue an area of interest, in preparation for studying for a qualification or, ultimately, to develop your career prospects?

I am studying because I want to:

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Now that you have identified your ultimate goal, list the steps that you will need to take to achieve it. For example, to study for a qualification you may need to;

- 1) Decide on the right subject and level for you,
- 2) improve your study skills and confidence,
- 3) Find out about entry requirements for institutions where you can study for your chosen qualification (N.B. The Open University does not require entry requirements at Undergraduate level),
- 4) Find out how much it will cost to study, if financial support is available or how to meet the cost.

In order to achieve this, I need to:

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Note your personal barriers to study and how you can overcome them:

Barrier To Study	Strategy


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Route and Colour:

Course	Liked (X)	Disliked (X)	Not sure (X)	Comments

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## Learning Record

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Name: .....

## Reflection on my learning

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Which subjects or subject areas have you particularly enjoyed? Can you think why this might be?

What do you know about your learning?

*E.g. History (e.g. I have always wanted to find out more about jazz music. It's my favourite genre)*

Can you get more done in the morning or at night? Do you learn best from watching, hearing, reading or doing? Write down what kind of learner you are, and the time of day you feel you work best.

Did you manage to overcome any barriers or problems when studying?

*E.g. I find it hard to concentrate for long periods of time. I overcame this by studying for 30 minute sessions.*

Review your study goals. Have they changed? If so, identify a new goal and steps to reach it.

