

Study skills checkpoints

Saskia Kosler
Joensuun seudun erilaiset oppijat ry 2026



Euroopan unionin
osarahoittama



Elinvoimakeskus



Tulevaisuuden
työkyky





Euroopan unionin
osarahoittama



Elinvoimakeskus



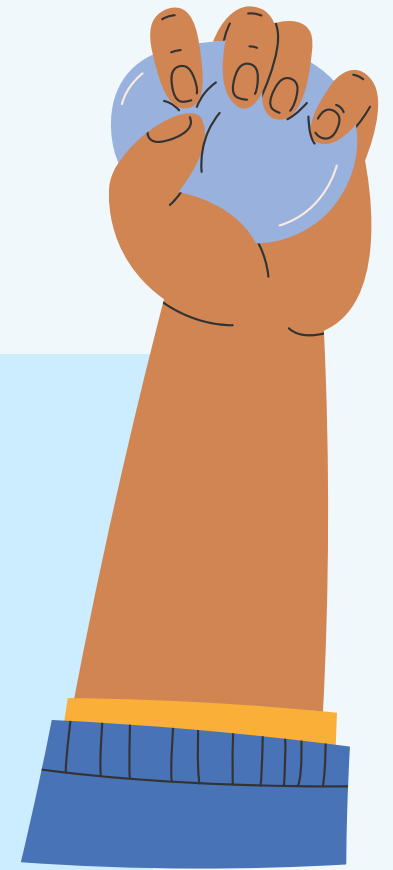
Tulevaisuuden
työkyky



Checkpoint: Learning aids for studying

Memory card game for learning aids.

- Play a memory card game.
- You have to find a pair for a picture and a explanation of the picture.
- Mix and mingle the cards picture side facing downwards.
- Everybody tries to find a pair on their turn.



Euroopan unionin
osarahoittama



Elinvoimakeskus



Tulevaisuuden
työkyky



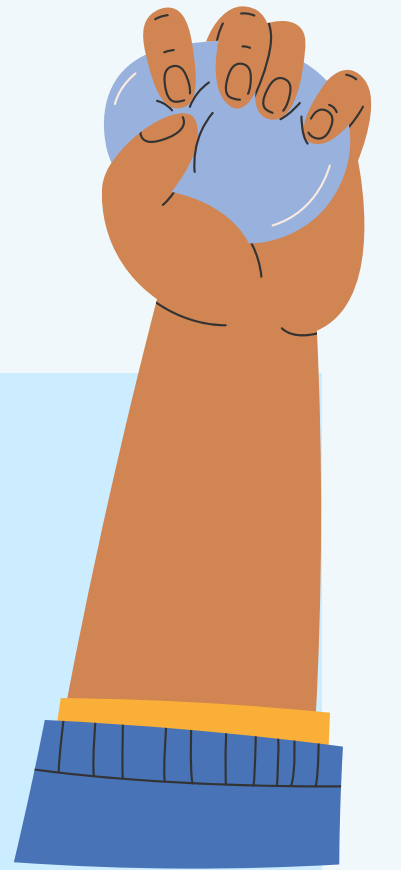
Learning aids for studying

Learning aids help people stay focused and reduce distractions. They can include tools such as fidget items, visual timers, planners, or noise-cancelling headphones. The best learning aid is the one that works for you.

Good concentration makes learning easier, improves productivity, and helps you complete tasks more accurately and efficiently.

Tips for Better Concentration

- Work in a quiet, organized space.
- Turn off unnecessary notifications.
- Take short breaks between study sessions.
- Set one clear goal at a time.
- Use learning aids that help you stay focused.



Learning aids for studying: Tips for studying

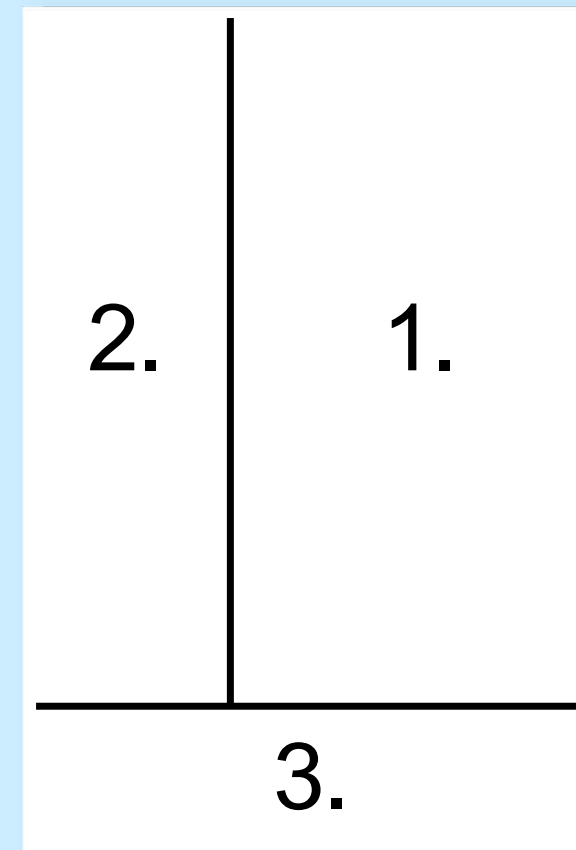


Cornell technique

Read about the Cornell –technique.

- Have you tried this technique while studying and doing notes?
- Would this technique help you to study?

Cornell Notes is a note-taking method that helps you organize information and review it more effectively. It divides your notes into three sections: Notes, Cue Questions, and Summary.



How to use?

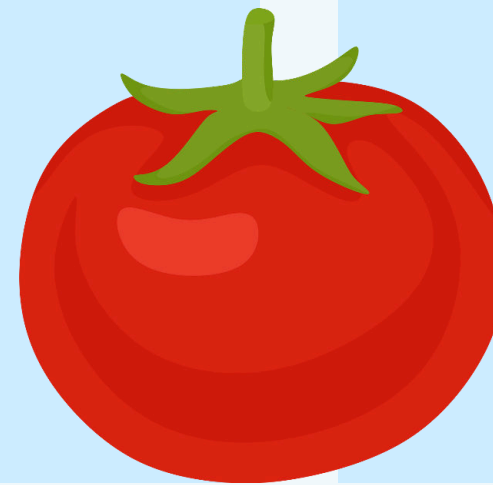
- Divide your page into three sections: **1. Notes, 2. Cue Questions, and 3. Summary.**
- Write your main notes during in the Notes section.
- Add keywords or questions in the Cue Questions section.
- Write a short summary of the main ideas at the bottom of the page.



Learning aids for studying: Tips for studying

Pomodoro –technique

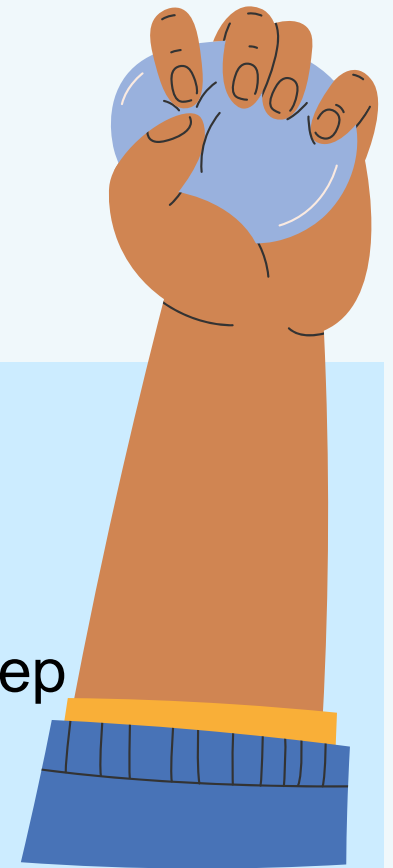
- Read about Pomodoro technique.
- Have you tried the technique before?
- Could it be useful for you when studying?
- You can use a timer from your phone, an application or an actual clock.



You can use this time management technique while you're working or studying. You split one big task into smaller pieces and in between the tasks you keep short breaks. This technique helps to concentrate and make your working time more efficient.

How to Use the Pomodoro Technique?

- Choose one task to work on.
- Set a timer for 25 minutes.
- Work without interruptions until the timer rings.
- Take a 5-minute break.
- Repeat the cycle. After four Pomodoros, take a longer break of 15–30 minutes.



Checkpoint: Time management

Plan your studying for the whole semester.

Plan on the sheet:

- What lectures and lesson do you have and when?
- When are: next deadlines of assignments and tasks, exams etc.
- When are you going to study or do homework/prepare for exams?

You can use color coding for different courses. Each course can have its own color



Euroopan unionin
osarahoittama



Elinvoimakeskus



Tulevaisuuden
työkyky



Time management



Good time management helps you stay organized, reduce stress, and complete tasks on time. Planning your study sessions in advance makes it easier to balance school, work, and free time.

Tips for Better Time Management

- Use a calendar or planner to organize your schedule.
- Break large tasks into smaller steps.
- Set realistic goals and priorities.
- Start assignments early to avoid last-minute stress.
- Take regular breaks and stick to your study plan.



Time management

Plan your studying for the next 2 or 4 weeks.

Plan on the sheet:

- What lessons do you have and when?
- How long are you going to study and what?
- When are the exams and other deadlines?
- What other tasks you need to do on the same day (home chores, work, hobbies etc)?

You can use color coding for studying, free time and work. You can also colour code each course



Time management



Good time management helps you stay organized, reduce stress, and complete tasks on time. Planning your study sessions in advance makes it easier to balance school, work, and free time.

Tips for Better Time Management

- Use a calendar or planner to organize your schedule.
- Break large tasks into smaller steps.
- Set realistic goals and priorities.
- Start assignments early to avoid last-minute stress.
- Take regular breaks and stick to your study plan.



Checkpoint: Task management



Kanban method

Kanban is a simple visual method for organizing and tracking tasks. It is based on a simple board with columns that represent different stages of work.

How to use?

- Write one task on each Post-It note. Use the tasks you wrote earlier on the planning sheet.
- Place the tasks on a Kanban plan and you can visually track your tasks.
 - Place upcoming tasks on TO DO –section.
 - Place the tasks that are going on now, on WORKING ON –section.
 - When a task is finished, place it on the READY –section.
 - Move the tasks along the progress.



Euroopan unionin
osarahoittama



Elinvoimakeskus



Tulevaisuuden
työkyky

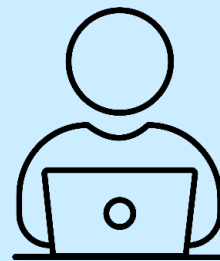


Kanban

TO DO



WORKING ON



READY



Euroopan unionin
osarahoittama



Elinvoimakeskus



Tulevaisuuden
työkyky



Task management



Scheduling your tasks helps you stay organized, meet deadlines, and reduce stress. Planning your work in advance makes it easier to manage your time and avoid last-minute rush.

Tips for Task management

- Write down all your deadlines.
- Break large tasks into smaller steps.
- Prioritize the most important tasks.
- Set realistic deadlines for yourself.
- Review and update your schedule regularly.



Checkpoint: Concentration



Write a plan for your concentration. Answer the questions on the paper.

- Now that you've got more familiar with different learning aids, what would you use yourself?



Euroopan unionin
osarahoittama



Elinvoimakeskus



Tulevaisuuden
työkyky



Concentration



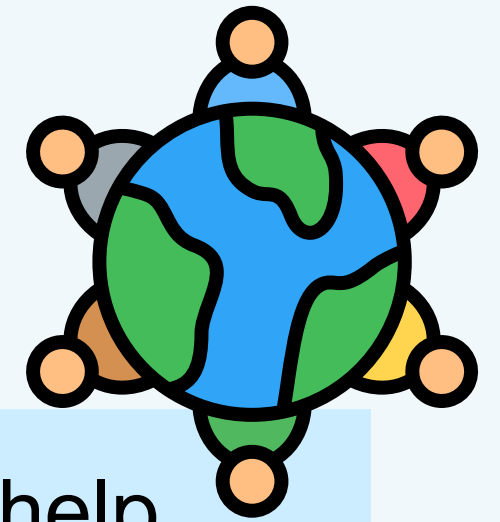
Concentration helps you stay focused, learn more effectively, and complete tasks with fewer mistakes. Improving your concentration can also reduce stress and make studying more productive.

Tips for Better Concentration

- Set one clear goal before you start.
- Focus on one task at a time.
- Take short breaks during long study sessions.
- Get enough sleep and stay hydrated.
- Study in a quiet place with as few distractions as possible.



Checkpoint: My culture shock



Have a conversation about your culture shock. Below are some questions for help.

- Am I experiencing a culture shock?
- How does the culture shock make me feel? What thoughts do I have about it?
- At what stage of culture shock I'm in?
- Do I recognize the symptoms?
- On what things has the culture shock an effect on?

Is there something weird in the Finnish culture?



Euroopan unionin
osarahoittama



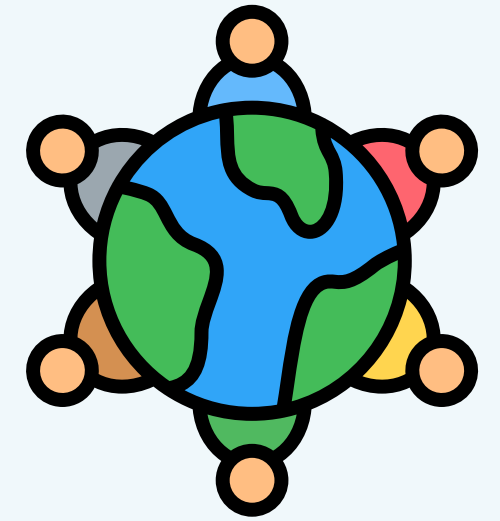
Elinvoimakeskus



Tulevaisuuden
työkyky



My culture shock



Adjustment to a new culture happens in several stages.

1. The honeymoon stage

Everything is fun and games, you're excited and full of curiosity.

2. The crisis stage

You're getting frustrated, nothing works like in your home country. You're feeling lonely and getting homesick.

3. The recovery stage

You've been in the country for a while, you're making new friends and getting familiar with the city. At times you feel homesick but you manage with the feeling.

4. The adjustment stage

You've adjusted well into the culture. You've new routines and friends. Things that irritated you doesn't bother you anymore.



Euroopan unionin
osarahoittama



Elinvoimakeskus

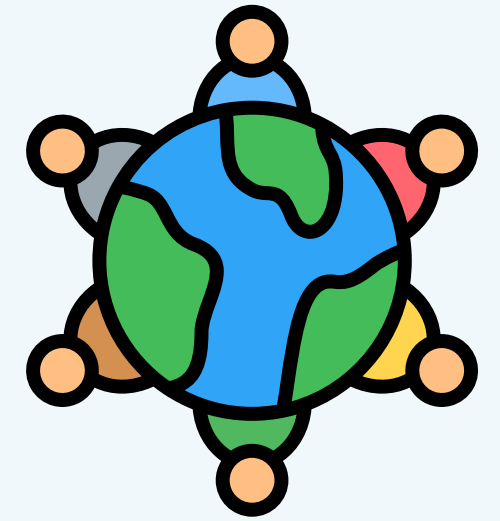


Tulevaisuuden
työkyky



My culture shock

Common symptoms of Culture Shock.



Anxiety, Depression,
Loneliness



Being homesick



Disturbed sleep patterns



Remoteness or isolation



Decreased productivity



Poor time management



Drastic personality
changes



Euroopan unionin
osarahoittama



Elinvoimakeskus



Tulevaisuuden
työkyky





Euroopan unionin
osarahoittama



Elinvoimakeskus



Tulevaisuuden
työkyky

