

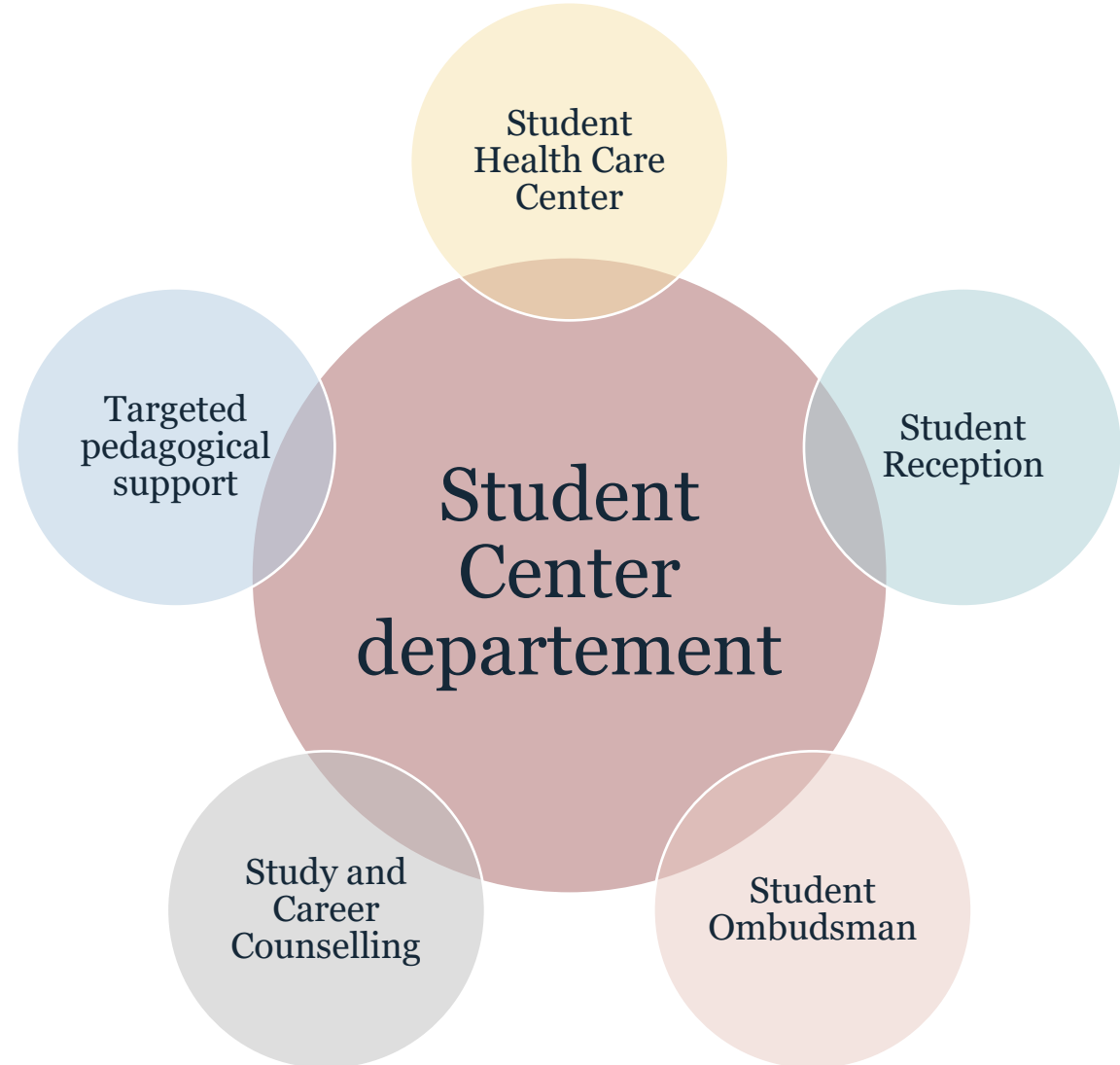


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How to make the most of your studies

The university offers variation of extensive support to you as a student.

Student Center department – a part of Professional Services





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Emelie Källquist



Helén Svensson



Anna Braun



Susanne Sabel

Study-and Career Counselling

Counselling and guidance

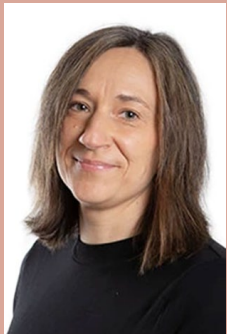
Further studies

Study situation

Career in Sweden/ Labour market

Review of CV

Interview training



Baiba Olsson



Susanne Håkansson



Sofia Ekblad



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How to improve your CV and Cover letter

Date: 24 October

Time: 12:10-12:50

How do I present myself to appeal to a future employer?

How do I make my previous experiences and my skills stand out and attract interest?

Listen to the presentation and get prepared for your future job search!

No registration needed, drop in to Zoom: <https://hb-se.zoom.us/j/62545876866>

hb.se/en/student/career/study-and-career-counselling/lectures-and-activities/



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Often fun to start
studying but also a
lot to take in...

High speed

Lots of literature

- 40 hours a week

Your responsibility

New way of studying

- Lectures



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How do I study effectively?

Understanding of what affects the study situation:

- Goals
- Schedule and routines
- Create good habits
- Enjoy and make friends





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Setting personal goals for your studies - why?

- Visions - a compass direction
- Goal - "are dreams with a best-before date"
- Long-term goals - create drive on the road
- Short-term sub-goals - facilitates work on the way to the goal, creates structure in life

Clear goals give a realistic picture of what and how I should study.
Many different ways to achieve your goals



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Schedule

- Goals, short and long terms
- To do list
- Scheduled activities
- Escape mechanisms
- Calender

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00	Reflection- seminary	Lecture 8.00-15.00	08.00- 12.00 Repeat notes on your own at home before the exam	Exam 9.00-13.00	Coffee with friends	Work 9.00-18.00	Go through the study guide before the next course. Plan it roughly.
	9.00-15.00	Lunch 12.00- 13,00		Work out at the gym	The library for loans of course literature for the next course		
LUNCH							
		Repeat notes from today's lecture on the bus home					
18.00	Read page47-75. from the book..... 16.00-17.00	Rehearse with friends at 17.00- 20.00 Old exams	Study in the library 13.00- 17.00 Do 6 questions on the book... .page 10- 80 before the seminar next week.		Cinema		Soccer practice 18.00



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Everyone else knows what to read - is that right?

Curriculum for the program
Syllabus for the course/Study guide
What does the teacher say?



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Growth Mindset

- My abilities and strengths can be developed through practice and effort.
- May result in you taking on challenges more easily, handle failures and keep on going even when it's difficult.
- You may be able to receive and do something constructive with mistakes and criticism and develop.

Fixed mindset

- My abilities and strengths are something that is static and cannot be developed.
- May result in you getting a need to prove your competence and appear capable.
- You may become inclined to avoid situations and challenges that may cause you to fail and be criticized.

Carol Dweck



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Ways of learning
can vary, an
active process
that takes time...

- Concrete experiences
- Reflects, observes
- Studying abstract concepts, general principles
- Active testing, experimenting



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Multitasking- straight path to inefficiency

Parallel work can reduce productivity by 40%!

- Requires energy, mental exertion.
- Symptoms - fatigue and difficulty concentrating.

Multitasking and stress can lead to fatigue depression!

How to stop multitasking:

- Realize the problem
- One thing at a time
- Take micro breaks
- Change old habits



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Task multitaskingning

Start timer

- Write the letters A-Z
- Write numbers 1-26 below the letters

Stop the timer



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Task multitasking...

Start timer

Write the letters A-Z

Simultaneously write the numbers 1-26 below

A ..

1

Stop the timer

Important ingredients for successfully changing a habit
To have self-discipline To be determined To believe that you can change



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Important ingredients for successfully changing of a habit

- To have self-discipline
- To be determined
- To believe that you can change



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Habits

Consider

What habits are **bad** for your studies?

What habits are **good** for your studies?

What **new** habit would be **good** for your studies?



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What is a group?

- ” A group is a collection of people who perceive themselves to have a common goal, mutually influence each other, are psychologically aware of each other and perceive themselves themselves as a group”

(Lennér-Axelsson & Thylefors)



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A group can be broken down to consist of individuals with different personalities and different ways of looking at and understanding the world.

” The reality is true for all of us but different for each one.”

Marcel Proust



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Why is it
important that
the group works?

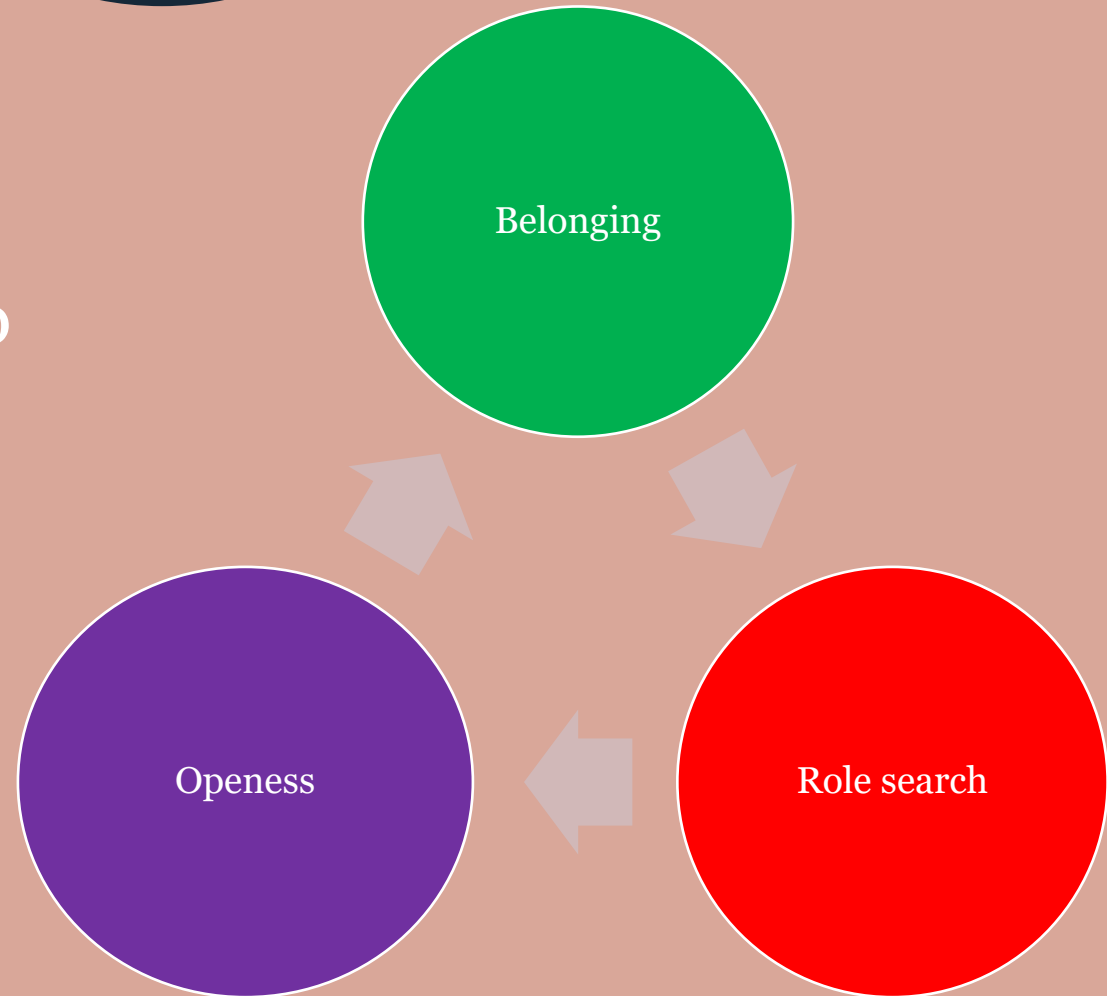
Teacher requires that it's clear what every member of the group contribute with, he/she shall be able to see who has done which part of the task. If you can not show that you have made a contribution you won't get approved on your assignment.



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FIRO theory

About the phases of the group





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Five Modelle five dimensions

McCrae & Costa

A picture of a person's personality based on five following dimensions:

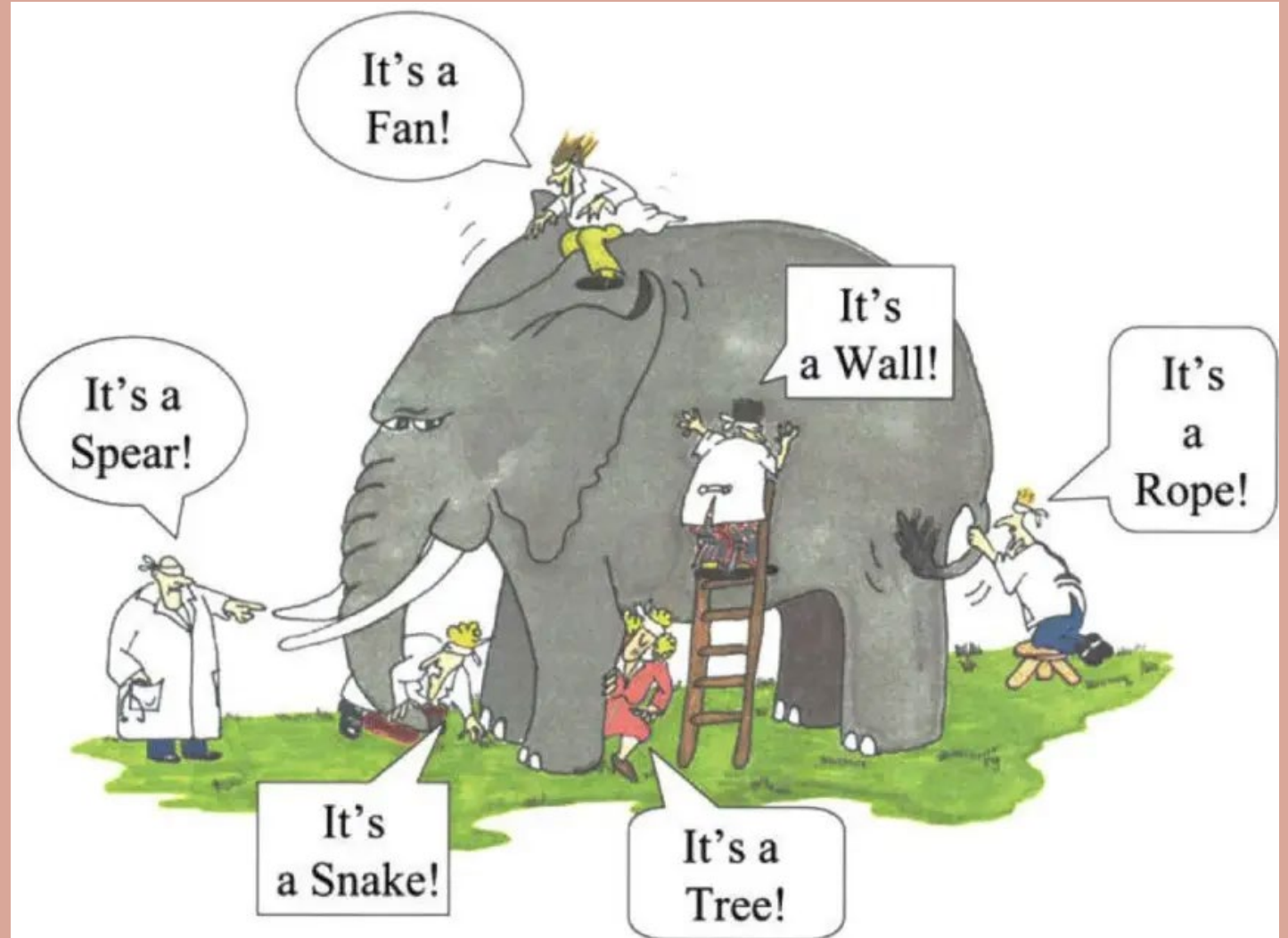
- Conscientiousness
- Extraversion
- Openness
- Neuroticism
- Sympatheticness



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Different perspectives

Due to upbringing and environment, heritage and culture...





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Why can it be useful
to know more about
myself?





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- Greater self-awareness and more self-awareness can help us make better choices, and above all, to understand our behavioral reactions.
- Can provide a clear understanding of how I influence or what kind of influence I have on the individuals around me, my team, the manager, customers and colleagues.
- Can make me understand what causes different emotions and increase the ability to link those feelings to my behavior.



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Reflections ?





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Evaluation

