#### Here you will find some reasons why you might want to become an effective independent learner

**Deeper understanding:**By managing and planning
your independent study time you can develop deeper understanding of the subject material because you find out more than you are told in class.

**Sense of belonging:** Networking with fellow learners is one way of developing a sense of belonging to the academic community and the institution.

**Skills development:**Graduate capabilities and employability skills can be enhanced.

**Further resources:**

[www.enhancementthemes.ac.uk/transition-skills-and-strategies](http://www.enhancementthemes.ac.uk/transition-skills-and-strategies)

**Further reading**

Christie, H Barron, P and D'Annunzio- Green, N (2013): Direct entrants in transition: becoming independent learners, Studies in Higher Education, 38(4), pp 623-637

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 Transitions Skills and Strategies


#### Navigating transitions:

**Managing my time to become
an independent learner**

### What is independent learning?

Effective independent learning is taking responsibility for your own learning and it is a key requirement for success in higher education.

### How can you become an effective independent learner?

Managing your self-study time and prioritising and planning your academic work will promote effective independent learning.


# Some facts about using time in education:

#### A full-time student is expected to study for 35-40 hours per week. Subtract the time that you spend in class meetings from this number to get an estimate of the total amount of time that you should study independently.

* A significant amount of time at college and university is allocated to self-study and independent learning. This is sometimes referred to as notional student effort.
* Time spent sleeping, working, exercising and relaxing is just as important as time that you use for study and this will help you to maintain a healthy study and life balance.

**Strategies for developing as an independent learner:**

* Organise your self-study time to make it effective
* Plan your academic work and prioritise the most important taks and activities
* Short study periods of 30 to 50 minutes can be very productive
* Don't confuse being busy with being effective
* Consolidate your learning by using good study skills for review and recall
* Create 'task' and 'to do' lists
* Revisit these lists to keep them dynamic
* Plan to complete ahead of deadlines to give yourself some time to review your work or to cope with unexpected problems
* Start by increasing your awareness of how much time you need to spend on self-study and how you currently spend your time.
* The first place to look for more time is in time that is currently wasted.
* Never underestimate the importance of leisure time
* Developing skill in dealing with urgent tasks can be very useful but after a deadline is met, always reflect on how you could have better managed achieving the task