

## Orientation Program

An insightful orientation program was conducted by Prof. Sreevidya, organized by the English Department, focusing on the theme: **“Developing Effective Study Skills and Learning Attitudes.”** The session was tailored to help students understand their learning patterns and cultivate productive academic habits.

### Key Highlights of the Program:

#### Understanding Learner Types

- Emphasis was placed on the fact that we are all different types of learners, which include:
  - Visual learners – prefer diagrams, charts, and visual aids.
  - Auditory learners – learn best through listening and speaking.
  - Physical (Kinesthetics) learners – grasp information through hands-on experiences.
  - Social learners – benefit from group studies and peer discussions.

#### Effective Study Habits

- Developing the habit of reading aloud and engaging in peer discussions was encouraged to enhance retention and understanding.
  - Adoption of essential study skills such as:
    - Building confidence
    - Saving time
    - Boosting academic performance

#### Challenges Addressed

- Common hurdles in academic life were acknowledged, such as:
  - Time mismanagement
  - Procrastination
  - Overwhelming syllabus
  - Fear of failure and pressure

## Tools & Techniques for Smarter Learning

- ABCD Technique:
- Ask
- Brainstorm
- Connect
- Draw

This technique helps in active engagement and better understanding of concepts.

- Pomodoro Technique:
- Study for not more than one hour at a stretch.
- Take 5-minute breaks after focused study sessions.
- Mind Mapping: A creative way to organize thoughts visually.
- Chunk and Link Method: Breaking content into smaller chunks and connecting them logically.
- 5-3-1 Rule: A strategy to revise effectively.
- Write and Practise: Emphasis on writing as a powerful learning tool.

## Motivational Insight

- A meaningful takeaway was the bamboo plant analogy — growth may seem slow at first, but consistent effort leads to strong, visible progress over time.
- The session concluded with a reminder that hard work has no substitute and consistency is the key to success.

This orientation was an eye-opener for students, helping them reflect on their current strategies and motivating them to adopt more efficient and personalized learning techniques.



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