

**Promoting the academic performance of  
Ukrainian university students: Effective  
approaches to improve  
learning and academic performance of  
Ukrainian university students**

**LESSON 1**

***EFFECTIVE STUDY STRATEGIES FOR IMPROVED  
ACADEMIC PERFORMANCE***

Perceptions of Inclusion, well-being and Identiflcation with  
the European Union in Ukrainian university students



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# CONTENT

- Organizing and Planning Study Sessions
- Concentration Techniques and Avoiding Distractions
- Memory and Information Retention Methods
- Active Review and Self-Testing Techniques
- Personalized Action Plan



# Organizing and Planning Study Sessions

- Set clear academic goals using SMART objectives
- Break large tasks into manageable study blocks
- Use planners or digital calendars consistently
- Schedule regular study sessions with short breaks





# Setting SMART Goals

- Specific and clearly defined objectives
- Measurable progress indicators
- Achievable and realistic targets
- Time-bound deadlines for accountability





# Using Study Blocks Effectively

- Apply the Pomodoro technique (25–50 minutes)
- Take short breaks between sessions
- Alternate subjects to avoid fatigue
- Plan weekly sessions in advance





# Concentration Techniques and Avoiding Distractions

- Create an organized and quiet study environment
- Turn off notifications during study time
- Use task lists to stay focused
- Avoid multitasking





# Enhancing Focus Through Mindfulness

- Practice short breathing exercises before studying
- Use 2–3 minutes of mental reset during breaks
- Stay present and aware during learning sessions
- Reduce stress through simple relaxation techniques



# Memory and Information Retention Methods

- Use active recall instead of passive reading
- Apply spaced repetition for long-term retention
- Connect new knowledge to prior learning
- Combine visual, auditory, and kinesthetic methods



# Active Recall and Spaced Repetition



- Regularly testing
- Review material at increasing intervals
- Focus on weak areas more frequently
- Use flashcards or digital tools





# Mind Maps and Concept Mapping

- Organize information visually
- Identify relationships between concepts
- Simplify complex topics
- Improve understanding and recall





# Active Review and Self-Testing Techniques

- Explain concepts to yourself or others
- Summarize ideas in your own words
- Rewrite notes after study sessions
- Take short quizzes for retention



# Why Active Learning Matters

- Improves long-term memory
- Increases engagement with material
- Strengthens critical thinking skills
- Enhances exam performance





# Personalized Action Plan

- Evaluate current study habits
- Identify strengths and weaknesses
- Select strategies suited to your learning style
- Set weekly academic priorities



# Creating a Weekly Study Schedule

- Identify main subjects and deadlines
- Divide time into 25–50 minute blocks
- Include breaks and review sessions
- Monitor and adjust regularly





# Thank you

Any Question?

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