

The background features a dark blue gradient with faint, light-colored technical diagrams. These include circular gauges with numerical scales (e.g., 160, 170, 180, 190, 210, 220, 230, 240, 250, 260) and various circular and semi-circular lines, some solid and some dashed, suggesting a complex engineering or scientific theme.

CASE STUDY:  
MAXIMIZING EFFICIENT STUDYING

GHENT UNIVERSITY GLOBAL CAMPUS  
INCHEON, SOUTH KOREA

ANNICK EELBODE & INGE DE BO, SANRC FYE CONFERENCE,  
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# BASIC ASSUMPTION MAXIMIZING STUDY EFFICIENCY

**Study program**

**Actors:**

Students

Student counselor

Teaching staff

# STUDY COUNSELING

- ✓ 4 short group sessions about maximizing study efficiency:

Problems about	Who	Group sessions
Specific contents, general study skills like lack or inefficient study method, no plans, ...	Inge De Bo Student counselor	(1) Time management & Planning (2) Assimilating subject matter
Obstacles: procrastination, making decisions, stress, fear, sleeping problems, ...	Annick Eelbode Student psychologist	(3) Procrastination (4) Stress/Fear of failure

- ✓ Individual appointments with students
- ✓ Talks with small groups of professors and PhD-students

# MAXIMIZING STUDY EFFICIENCY

Study program

**Students**

Student counselor

Teaching staff



# CONTEXT

## Uncertainties/low self-confidence:

### **Past**

no/little achievement after high school  
parents' study choice

### **Future**

global campus still present  
which master program  
job opportunities  
when leaving the program, what to do after

### **Now**

no/little academic skills  
financial investment of parents  
prestige / high scores  
community feeling

# ANALYSIS

*Students who passed all exams*  
*Students who passed most exams*  
*Students who were not able to pass most exams*

## **Stress and fear of failure**

no qualitative studying  
no efficient study method  
no decision making  
not self-reliant  
short-term thinking  
exhausted

# CONTRIBUTION

Students decide to deal with their situation/context and problems

# MAXIMIZING STUDY EFFICIENCY

Study program

Students

**Student  
counselor**

Teaching staff



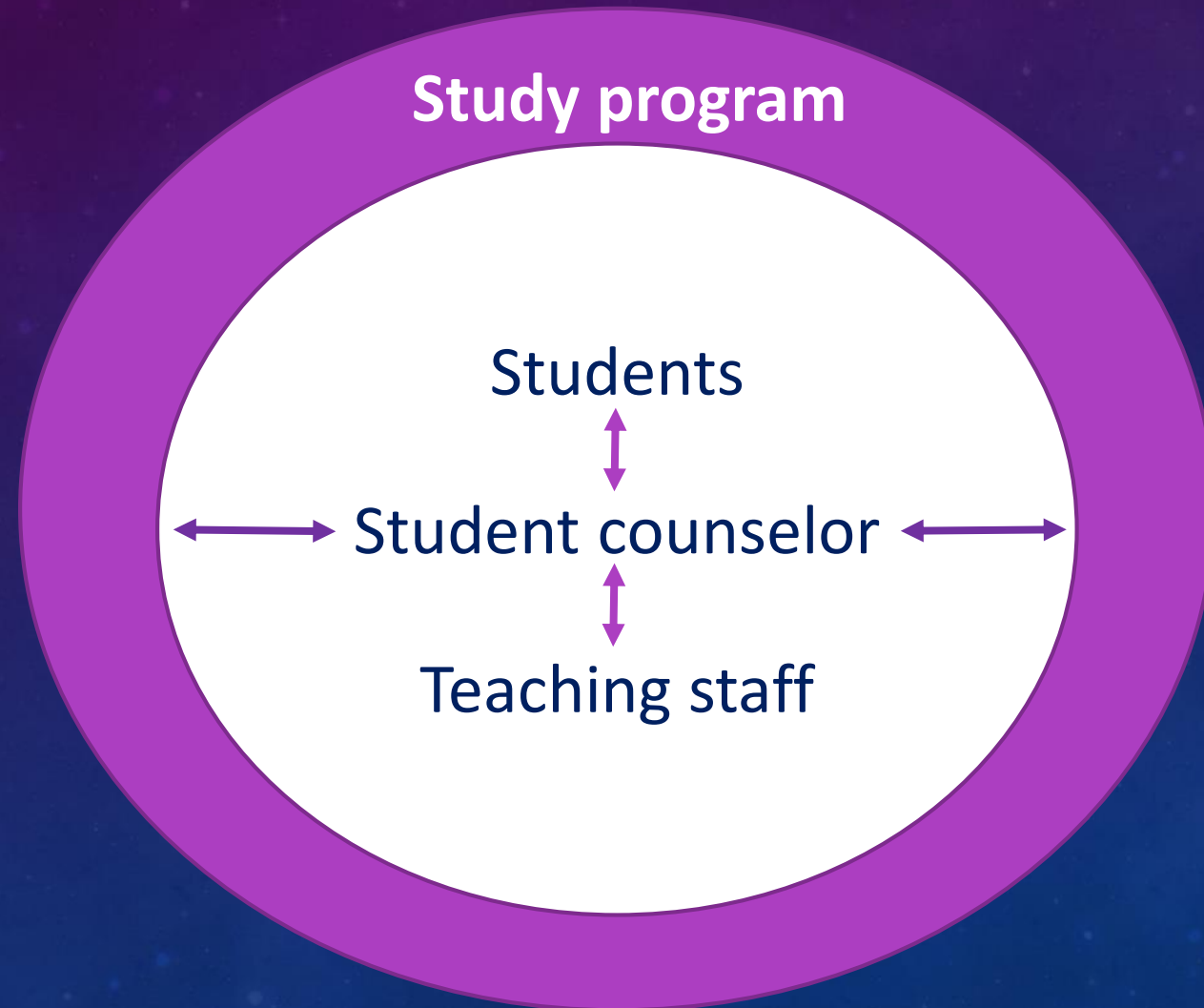
# CONTRIBUTION

**Student counselor** = contact person for all questions concerning study matters, supporting the students, taking the context into account

- advises on how to improve your academic skills
- guides in preparing for tasks and/or exams
- shows how to set up a realistic study planning
- make the students decide to study
- helps to deal with stress, fear of failure, procrastination, problems concentrating, worries and uncertainties,...

*! Pro-active and assertive approach*

# MAXIMIZING STUDY EFFICIENCY



# PROFILE ?

	Engineer with psychological skills	Psychologist with scientific skills
Korean		
European		

# MAXIMIZING STUDY EFFICIENCY

Study program

Students

Student counselor

**Teaching  
staff**

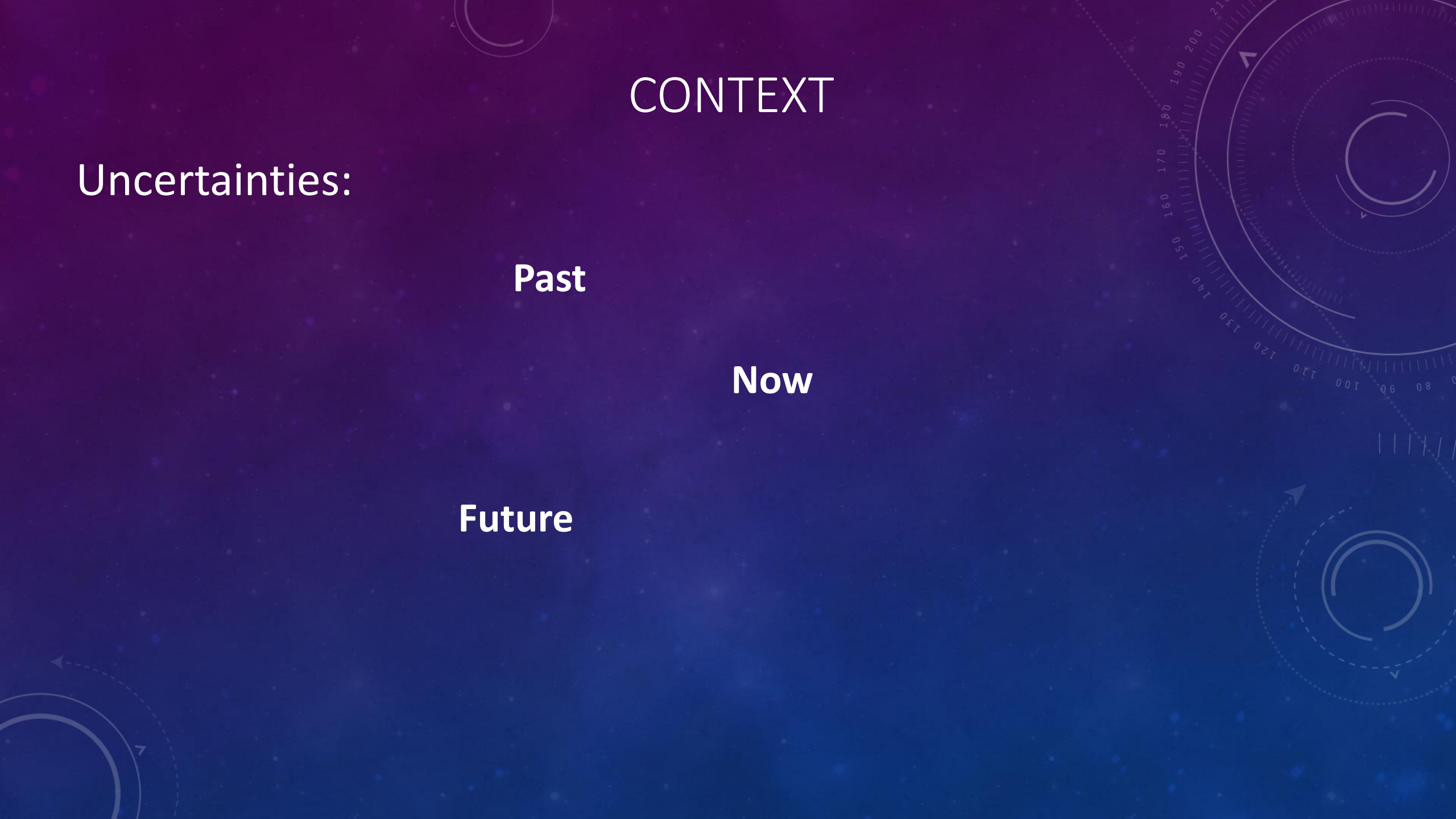
# CONTEXT

Uncertainties:

Past

Now

Future

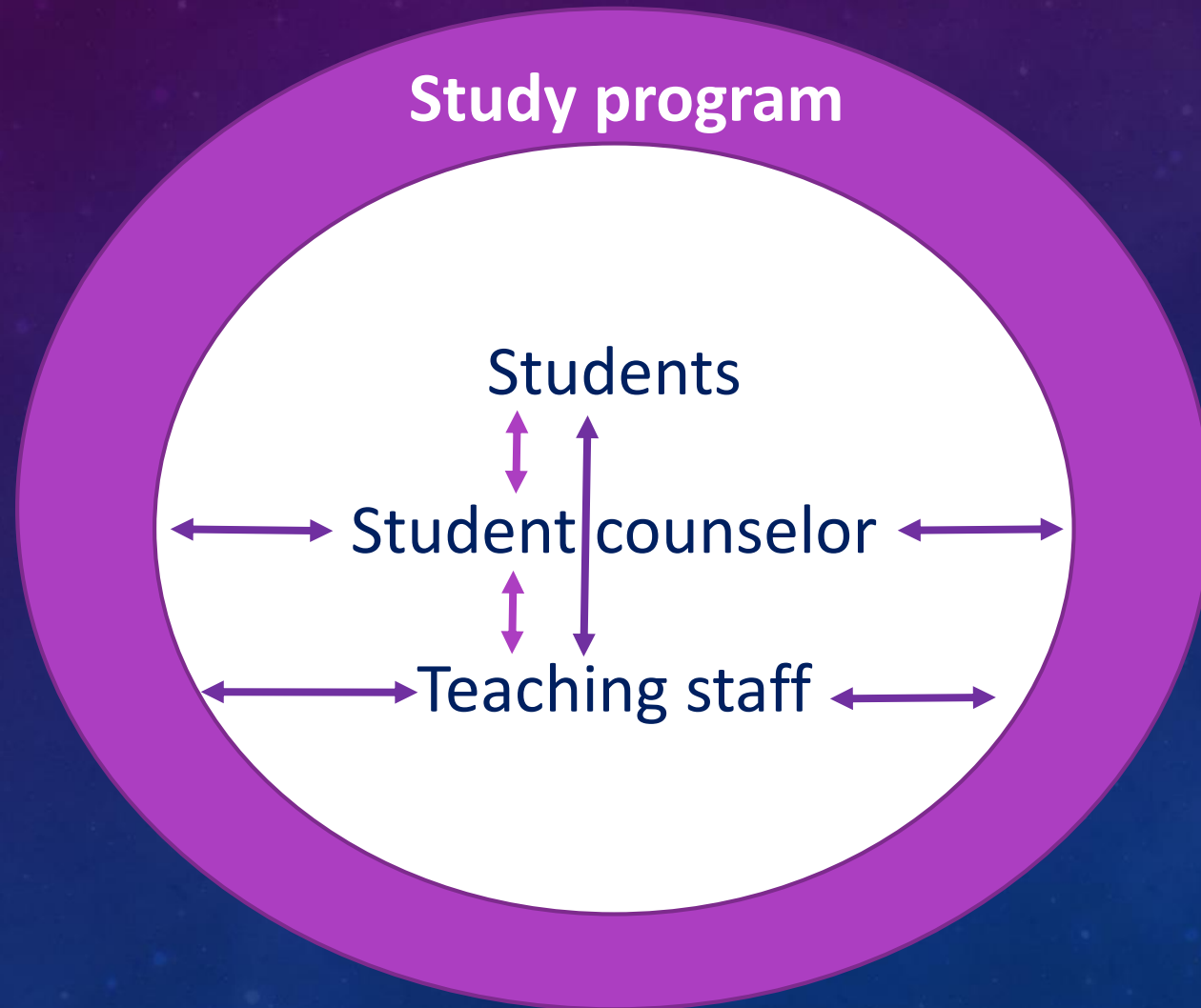




# CONTRIBUTION

- at the level of your course(s)
  - formulate priorities & final competences for each chapter
  - be flexible: give them time to let them grow in their learning process
  - encourage students to make decisions about what & how to study each chapter
  - be careful with well-meant advices, no value judgment
  - reflect about your assignments: real contribution
- at the cross-curricular level
  - reflect about timing of all assignments during a semester
  - short-term activities to increase self-confidence: test on a regular base for 4 courses

# MAXIMIZING STUDY EFFICIENCY



# MAXIMIZING STUDY EFFICIENCY

## Study program

Students

Student counselor

Teaching staff

# CONTRIBUTION

Should give students time & opportunities to reach a point where study progress is achievable

- Flexibility rules revisited
- Preparatory year
- Concept-engineer or application engineer
- Skip advanced courses in order to create space for basic courses

# FRAME WORK MAXIMIZING STUDY EFFICIENCY

