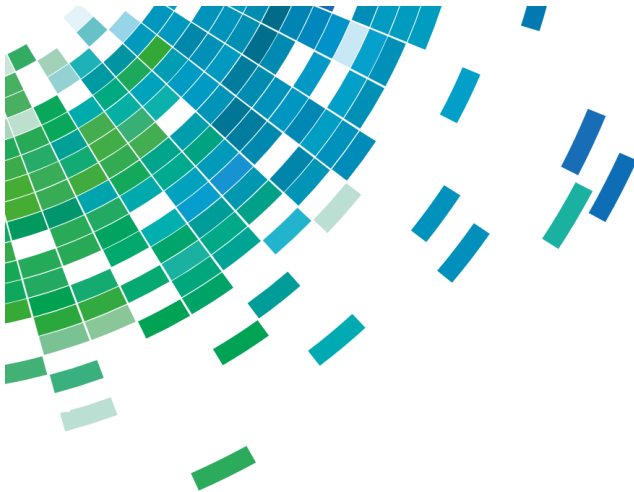


TUM ProLehre | Medien und Didaktik | *Study Skills*



ProLehre | Medien und Didaktik
Lernkompetenzförderung

Study Skills Support at TUM

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Who we are...



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- Common challenges
- Useful tips
- Study skills services and resources



- What challenge do you think you might come across when studying at university?

Challenges

1. Exam preparation

“I don’t start studying for exams until the last minute.”

2. Lectures, tutorials, seminars

“I find it hard to keep on top of my lecture material.”

3. Dealing with stress

“I find studying really stressful.”

Exam Preparation

- Get studying from the start of the course and set goals to avoid burning out
- Plan out your semester:
 - What are the exam dates?
 - Plan backwards using a semester plan
 - Allow enough buffer time!
- Remember to take breaks!

Lectures, tutorials, seminars

Preparation:

- Know the topic

Check your course outline for weekly topics to understand what the lecture will cover

- Review previous notes

Activate your prior knowledge - go over your notes from previous lectures (keep it short!)

During class:

- take notes of **key points** and **concepts**
- engage by **questioning** and **analysing** the lecture as you listen. Think about:
 - the main ideas - how do they connect to what you already know?
 - how this lecture fits in with the course
 - what you're finding difficult or unclear

After class:

- Review your notes

Revisit your notes **shortly after the lecture** to improve recall, address gaps in your knowledge and solidify your understanding.

- Engage in discussions

Talk about the lecture content with classmates or peers to reinforce what you've learnt and to deepen your understanding.

Dealing with stress

How study skills can help you manage stress:

Good study skills.....

- give you structure
- help you organise your time
- make studying less frustrating and more enjoyable
- help you achieve a better work/life balance

Workshops

Consultations

Online Study Skills
Material

Social Media

- 10.11.25: **Motivation to Go!** - Stagnation überwinden und loslegen
- 11.11., 27.11., 04.12.25: **Thinking Differently** - Studying Differently | Studieren mit Neurodiversität (Webinar-Reihe)
- 22.11.25: **Study Techniques** - Study Smart (ENG)
- 02.12.25: **So optimierst du mit Study Hacks dein Studium**
- Self-paced moodle-course via self enrolment:
Yes, you plan! - Time management tools for a structured exam preparation
- Self-Paced Moodle-Kurs mit Selbsteinschreibung:
Überblick statt Tunnelblick - mit Plan durchs Semester für eine entspanntere Prüfungszeit

Once you've settled in.....

1:1 Study Skills Consultations

- general study skills support – time management, study strategies, motivation
- study skills support for neurodiverse students

How it works

- in-person or via Zoom
- initial consultation to clarify concerns
- follow-up appointments to provide you with specific tools and methods that you can easily practise

Study Toolkit

- online learning space in Moodle
- designed for first semester students
- time management, motivation, avoiding distractions and much more
- self-paced, interactive
- PDF templates for planning, goal setting etc.

German:



English:

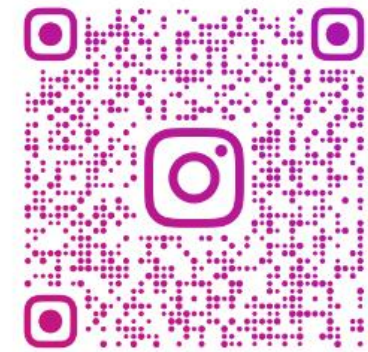




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QUESTIONS?

