



• • • • • "

"

" (Cottrell, 1999, 12)

fl, *, %- , L

Study skills

Learning How to Learn

Ô

Knowing How to Remember

Knowing How to Now

Mnemonic Strategies

Mental Skills Training

(Cognitive Elaboration Strategies (Snowden, 1986, 245-247)

(Study habits (Onwuegbuzie & Daley, 1998, 595; Slate & et al., 1998, 62)

(Learning and Study Strategies (Ince & Priest, 1998, 23)

(Turnbough & Christenberry, 1997)

L

B

" :

. .

.

: :

: :

"

.

: :

: :

"

.

" ffl £1

"2

"3

"4

: ß ß ä ß ß

. ß :

" : : : ä ß .

.....
.....

.....
.....

.....
.....

.....
.....

.....
.....

.....
.....

.....
.....

.....
.....

.....
.....

.....
.....

...

... " : " :

"f1& :%*\$" L" Ô

.

.

. "

"

.

(Graham & Robinson (1989

. "

"

f%- S

.

"

f%- S

.

"

. ß f%-) L

"

١٨٥) . %- * £

β

f%- \$£

1

f!*-!(+\$::%-, £

.1

.2

3

4

1

(Cottrell (1999,22

!

Awareness of what is required .1

Methods & Strategies .2

Confidence .3

Familiarity .4

Self- awareness & Self- evaluation .5

1 1
 "1
 " ! % L

١٤

)	('	&	%
				" %
				" : &
				" à " !
				" (!
				") !
				" : * !
				" : + !
				" ; !
				" - !
				" % !

(Cottrell (1999,26

١٤

"

1

Cottrell

(1999,47)

β

١٩٤

يكون التعلم أسهل عندما...

β

!

"

"

!

" !

. !

" :

. !

. :

" :

" :

.

.

.

.

.

" Ô

.

. £ "

: :

.

.

" "f.

Luckie & Smethurst (1998,4)

Input Skills Output Skills Process Skills

مهارات الاستذكار

مهارات المدخلات
مهارات العمليات
مهارات المخرجات

ذ
وت
ركز
ذكر
د
خ
ك
ك
ير
ير
ت
بق
خ
خ
م
من
خ

س
ر
ل
ن
حظ
ت
د
د
ك
ل
د
س

.. (Luckie & Smethurst (1998,6

à ß

Input Skills

£

fl

Listening Skill

ß ß

fl&/%&& · %,- £

الاستذكار هو القدرة على فهم المعلومات الجديدة وتذكرها واستخدامها فى مواقف مختلفة. وقد تكونت هذه القدرة نتيجة لتدريب الفرد على طرق معينة للتعلم والدراسة. فالاستذكار ليس موهبة فطرية بل مهارة يمكن اكتسابها وتطويرها. وتعتبر مهارات الاستذكار من المهارات الأساسية التى يحتاجها الفرد فى حياته العملية والدراسية.

(Cottrell (1999,90

Reading Skill

..... :

..... :

"H+ · %- , L

..... :

..... :

f% · %- &L " "

β

..... :

"

..... :

..... :

.....

..... f%- &L

f%) L

..... :

..... :

..... :

..... "

..... :

"

١٥٥١ %' . %- , E

E

"fl :

Strategies for up reading

β (Cottrell (1999,114

Read more advanced text

%

Finger Tracking

&

Know when to read aloud

! "

:á á

: á á

Read large chunk

(!

β

β

....."

Build up difficult text)!

.....
....."
.....
.....
....."

Keep your eyes moving forward *!

.....
....."
.....
.....
....."

Note - Making- Taking Skill "!

.....
.....
.....!
.....!
.....
.....
.....
.....
....."

! ß (Cottrell (1999,116

" !

" !

" !

" !

"fl L à !

" !

" !

" !

" !

" !

" !

" !

" !

! Ô (Herrman, et al. (1996,203-205

Outlines %

! "

.

¶

f'''''' £ !

f £ !

f'''''''' £ !

'''''''''' !

¶

f'''''''''' £ . . . !

f'''''''''' £ !

f'''' £ !

.

Hierarchy'' ¶

.
.

.

الجهاز الهضمي

م

البلعوم
الفم
المرىء
المعدة

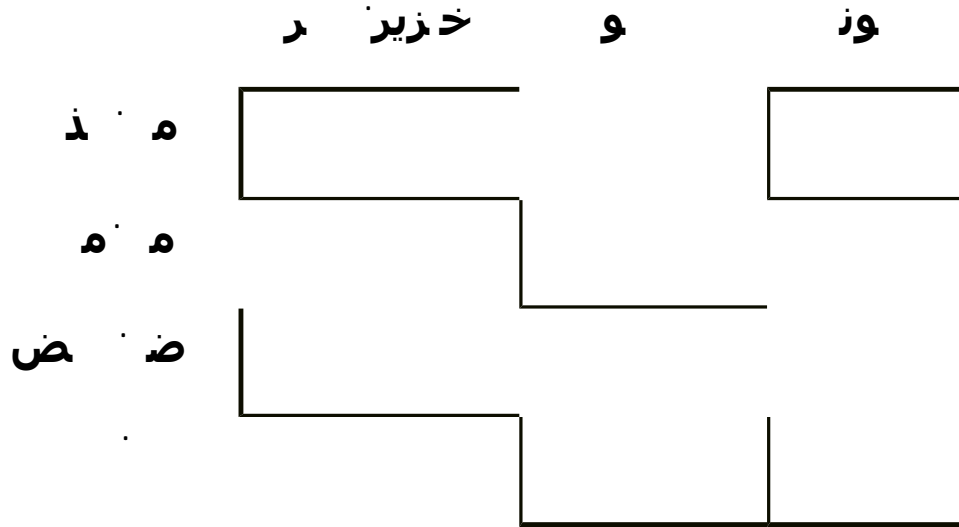
ة دة دة دة دة

الأمعاء
الدقيقة
الغليظة
الكبد
الغدد اللعابية
البنكرياس

Relation table

!

FILE



(Cottrell (1999,121

FILE

قبل القراءة
العصف الذهني
ماذا تعرف عن الموضوع؟
ضحالة معرفتك
دون الأسئلة التي تحتاج الإجابة عنها
البحث عن المعلومات

دراسة حالة
تقارير

برامج تلفزيون
خبرات شخصية
معلومات من الكتب
أفكار
برامج تلفزيونية

كتب ومجلات

معلومات

تحديدات

أفكار

أدلة

أمثلة

نصوص

من أين ؟

الكتاب

دوائر

أرقام

رموز

(Cottrell (1999,121

.....

.....

.....

.....

β β

.....

.....

.....

.....

.....

Permuter

et al. (1989)

fl% -) L

Tencher

ã

(1998)

"&*1 · ÔÔÔ

(Siadat (1997,1227"

Windows V.x & Microsoft office

Winnowed

"(Cottrell (1999,117

FILE

Goal sitting skill (!

Ô

(...My goals)

(... I can)

(Laase (1996,96

(Elliot et al. (1999,549

HL

Performance- approach goals

Mastery Goals

Performance- avoidance goal

Disorganization

Persistence

Effort

Exam erformance

0.51

0.21

0.18

0.26

0.24

0.16

0.24

-0.17

Elliot et al. (1999,558)

HL

(Somuncuoglu & Yildirim (1999,267

(Cottrell (1999,64

'Give yourself short-term goals

B

fiL

fi L

%

&

(Cottrell (1999,66

Integrated %

Realistic &

Specific !

Measurable (!

Flexible)!

Process Skills :

Luckie & Smethurst (1998,40)

Time Management Skill %

"(Cottrell (1999,64

)Son & Metcalfe "

2000,204) "

Improve Tim management

(Cottrell (1999,64-68

Saving Time fl

%

&

.....

.....!

.....

.....(!

.....

.....)!

.....

.....*!

.....

.....+!

.....

.....;!

.....

.....-!

.....f

.....f&l

.....

.....

.....f&l

.

f&l

.
. +* 1 1 1
1	1
1 1 1	1 1
1 % & ' ! % &
.....
.....	

Cottrell (1999,64)

fl

	1
;	%\$
%	&
&	"
&	"
%	%
&	&
")	&
&	%
%	\$
%) :	\$

Cottrell (1999,64-69)

Priority Organizer

fl

fl

"(Cottrell (1999.72

fl) % £"

fl %\$ * £"

"

"

fl

				%
				&
				'!
				(!
)!
				*!

"

Managing Memory skill . . . &

(Cottrell (1999,203

.Self- Awareness . %

Repetition For Learning . &

Association . !

.Mnemonics . (!

.Active Listening .)!

.Writing things down . *!

.. *Personalization it* .. +!

.. *Play by information* .. ;!

.. *Think about advertisements* .. -!

.. (Herrman, et al. (1996,205 ..

توربينات
طاقة داخلية
غليان
المياه

الرسوم البيانية

f(S%) S · %- , E

Concentration skill · !

(Luckie & Smethurst (1998,70

f(S) - S! E

f(S) E

f(S) & S! E

(Luckie & Smethurst (1998,73"

.....
.....
..... %
.....
.....
..... £
.....
..... &
..... !
..... (!
.....)!
..... *!
..... +!
..... ß
.....
..... ;!
..... -!
.....
..... %!

(Luckie & Smethurst (1998,71"

Revision and Exam Preparation Skill (!

"(Herrman, et al. (1996,207"

(Cottrell (1999,266"

ß "(Herrman, et al. (1996,207"

Review your reading assignment and lectures

%

β β

Anticipate

&

Test yourself

!

(Cottrell (1999,219

%

!

!

&

!

!

" !

" !

" !

" :fl £ . . . (!

")!

. *!

" .

Output Skills . :

.

. à .

" à .

Luckie & Smethurst (1998,102)"

.

Written Reports skill . . 1-

.

.

. £

.

.

.

.....

..... "ff%- *L

.....

.....

..... "ff%-)L ; ff%-)L

.....

..... "ff%- *L

..... ff%- +L ∞∞

.....

..... "ff".....

Exam taking skill 2-

.....

β

..... "Herrman, et al" β

1996,207)

..... "ff

..... !

..... !

..... !

" : !

" : !

" : !

" !

" : !

" :

" !

" !

" !

" !

" !

. :

. :

. :

"fl-, . %- +L' : . . . " :

" !

. " : !

. : "

"

" !

" !

. !

"

.

.

ff%- +(SL

" fl

" !

" !

.

"

.

. "

" : fl &L B ff%- SL "

.

.

"

١٠٥

International Study Skills Inventory

١

١

%

&

!

(!

%

&

..... : : " !

" :

..... : : : # (!

"

..... : :

"

..... : : %

" .

..... : : # &

" .

" : : : " !

" : : : : : (!

EL : ~~RS ! & \$~~ . %- * L

..... : %

"

" : : : : : &

" : : : : : " !

(Study Skills Questionnaire (Skamoto, Et. al.,1985"

f% - (. £ !

£ "International Study Skills Inventory" f £ Ô !

f% -) .

f% - * £ " !

(Learning and Study Strategies Inventory Ince & Priest,1998)"

(Study Habits Inventory (nwuegbuzie & Daley, 1998"

(Cottrell (1999"

f% , - £ -

%

&

!

(!

)!

β β

! (Fredrik (1998

"Malmquist,1999"

(Hacker (1999

" .

.

.

.

:(Bender (1997

:

. " fL \$L

"

:(Udziela (1996

"

:

: fL L : fL* +L "

fL" \$) L " fL , L

"

.

. fL% - \$L

. " fL* , L

.

:

"

ff%- &L

ff&&L :

: . L fl ! ! L

. " fl : :

. " :

. " fl . L

" .

ff%- ' L ôô

ff) - L :

"

" :

. :

. "

" ; ("%

ff%-) L !

. :

. : "

ff&&L

" " "

ff%-) L

ff(, L

L

ff%- , L

ff

ff ; ' : +*L

"

" %!

" %!

" %!

" %!

" %!

" %!

" %!

" %!

" %!

Formula For success

(uckie & Smethurst (1998,137

1

f1 Ž Ž Ž Ł

Academic success = hustle (input skills + process skills + output skills + high self expectation).

" % - (. "f1 Ł %!

&

"% - \$: .

"!

"% - ,

(!

"% +, :

)!

"% - * : ' \$:

*!

"% - & : % :

+!

"% -) .

"% - * . "1

;! -!

"% , - .

%\$!

"% - ' : :

%&

"% , \$: " :

%&

"fl £

"% - + :

%!

"% -) : & :

"

%!

"% -) :

"

%!

"% -) : (, :

"

"% - + :

"fl £

%!

"% , + :

& :

%!

"f& £:

%!

"% - ,

%!

"% -) :

&

&\$!

"% -) :

"% * \$: "fl £:

&%

"

&&

"% - * :

" % , - : " & !
 . : . . . " & !
 " % - \$: . : % . :
 : f&L : . " & !
 " % - (: " & !
 . : . . " & !
 " % - & : % . :
 " f . : L " & !
 " % - , :

28-Bender,D.(1997): Effect of study skills programs on the academic behavior of college students.<http://order.edrs.com/members/sp.cfm?AN=ED406897>

29-Brigman, G.; Lane, D.; Switzer,D. & Lawrence, R. (1999): Teaching children school success skills. *The Journal of Educational Research*, 92 (6) ,323-329.

30-Cottrell, S. (1999) : *The study skills handbook*. London: Macmillan press Ltd.

31-Elliot, A.J.; Mcgregor, h.A. & Gable, S. (1999): Achievement goals, study strategies and exam performance: A mediational analysis. *Journal of Educational Psychology*, 91(3). 549- 563.

32-Fredrick, K. C. (1998): The relationship between study skills training and student grades and achievement test scores. *Diss. Abst. Inter.*, 59(7-A) 2464.

33-Graham,K.G.& Robinson, H.(1989): Study skills handbook:A guide for all teacher. New York: International Reading Association.

34-Hacker, N. (1999): Parental involvement in student's acquisition and application of study skills in elementary school homework activities. *Diss Abst. Inter.* 60(5-A) ,1456.

35- Herrman ,D.; Raybeck, D. & Gutman, D.(1996): *Improving student memory*. Toronto: Hogrefe & Huber publishers .

36-Ince, E.& Priest, R.(1998) : changes in LASSI scores among reading and study skills students at the U.S military academy. *Research and Teaching developmental Education*,14(2),19-26.

37-Laase, L. (1996): Study skills.Tools to help kids take responsibility for their learning. *Instructor*,106 (1),96-97.

38-Luckie,W.R. & Smethurst W. (1998): *Study power : Study skills to improve your learning and your grades*. Cambridge, USA : bookline books .

39-Malmquist, S.K. (1999): The effect of study skills instruction on the U.S.A. history achievement of secondary-aged students with mild disabilities. *Diss. Absst. Inter.* 59(9-A),3403-3404.

40-Onwuegbuzie, A & Daley, C. (1998): Study skills of undergraduates as a function of academic locus of control, self-precipitin, and social interdependence. *Psychological Reports*, 83 (2) ,595-598.

41-Sakamoto, T. ; Matsuda, T. & Muta, H.(1985): An International comparison of study skills, In: G.D. Ydewalle (Ed.) *Cognition, information processing and motivation*. Holand: Elsevier science publishers.

42-Siadat, M.V. (1997) : Building study and work skills in a college mathematics classroom. *Diss. Abst. Inter.*58 (4-A), 1227.

43-Slate, J. ; Jones, C.& Harlan, E.(1998): Study skills of students at a post secondary vocational-technical institute. *Journal of Industrial Teacher Education*, 35(2),57-70.

- 44-snowman, J (1986): Learning tactics and strategies. In: G.D. Phye & T. Andre (Eds.) ***Cognitive instructional psychology***. new York, Academic press.
- 45-Somuncuoglu, Y. & Yildirim,A (1999): Relationship between achievement goal orientations and use of learning strategies. ***The Journal of Educational Research***, 92 (5), 267-277.
- 46-Son, L.K. & Metcalf, J. (2000): Metacognitive and control strategies in study- time allocation. ***Journal of Experimental Psychology: Learning, Memory, Cognition***, 26(1),204-221.
- 47-Tencher, P.A.(1998): Elementary student's attitudes during two year computer instruction. ***The Journal of Educational Research***, 91 (5) ,323-329.
- 48-Turnbough, R & Christenberry, N (1997) : Study skills measurement: choosing the most appropriate instrument, <http://orders.com / members/sp.cfm? AN= 416207>.
- 49-Udziela, T. (1996): Effect of formal study skills training on sixth grade reading achievement. <http : // order .edrs .com /members /sp . cfm ?AN = ED393091>.