

NOTES ON THE TYPES AND METHODS OF STUDY

Types of Study

Introduction

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For the purpose of this material, I have identified four types of study (Ogbodo, 2010). For some reason, I have used the word *study* and *reading* interchangeably – each word may be used in place of the other though the intended meaning is always that of *study*. The types of study/reading that I have identified are based on the objectives of your reading or the outcomes you would find when you engage in each of them. They are:

i. Hobbial study

ii. Recreational study

iii. Concentrative study

iv. Deviatonal study

Hobbial, recreational and concentrative study or reading are known to produce positive outcomes. Students are therefore encouraged to use these types of study whereas deviatonal study as the name implies produces negative outcomes. Its use is therefore discouraged among students. Let us look into what each of the types mentioned above entails.

Hobbial Study/Reading

From the word ‘hobbial’, one can derive another word ‘hobby’ which means an activity you like to engage in because it makes you feel joyful and satisfied. Everybody seems to have one hobby or the other. Mine is singing and seeing movies. For others, it may be swimming, painting, dancing or some other activity they just love to do during their free time.

Likewise, some people prefer reading instead of swimming and other hobby activities. They like to read because reading gives them so much feeling of joy and satisfaction that they would pick up books of all kinds of interest to read whenever they have some free time to spare. This type of reading is what is called hobbial reading or study.

Students are encouraged to do hobbial reading because it broadens their horizon and knowledge on several matters. By reading books on subject matters that are of interest to you, such as storybooks, books of fiction, non-fiction, religion, politics, economics, and others, you would find that you are able to build a much richer and stronger command of your vocabulary. You will therefore be able to express yourself more effectively and confidently in any given situation. Note that hobbial reading is reading or study that you do during your free time or for your pastime. This is the major feature that distinguishes hobbial reading from recreational reading.

Recreational Study/Reading

As the word 'recreational' implies, it is derived from 'recreation' which means a break for one to relax or refresh him/herself. Recreational study is therefore the type of study/reading you do because you want to take a break from something you are most of the time involved in. That way, you can feel relaxed or refreshed. Once you are refreshed, you will find that you have gathered new energy to go back to what you are required to do.

For instance, a person who has a job as a Banker will have to spend long hours at the Bank attending to customers, and performing several other tasks related to banking. This can be strenuous. Because of that, the Banker may decide to occasionally take a break from the tiring banking routine to relax by picking up a book or magazine on a subject that is different from banking, such as fashion, football, or shopping, to read.

He may still want to do this at home or at another place where he has the opportunity if he is not able to make time for it at work. Because he/she is reading a book of interest on a different subject with the aim of relaxing himself, he is said to be engaged in recreational reading or studying. Likewise, students are encouraged to do recreational reading as a form of relaxation. They can do this by taking up magazines or literature on things that are of interest to them and which are different from the subjects they are required to study at school. Recreational reading also helps one to know things that are happening around them and to contribute knowledgeably to situations that may call for their input.

Concentrative Study/Reading

During my Seminars, I have placed a lot more emphasis on concentrative study because it forms the foundation for any meaningful study that leads to achievement. Students will particularly find this type of study the most essential for their achievement and academic progression. I would therefore urge you to pay utmost attention to the information I will be sharing with you.

Concentrative study as the name implies requires that you concentrate fully, which means you should be able to bring to bear all your focus and attention to the material you are studying. It calls for some skill to do this effectively. There are a few methods and skills which you will learn in this program. Because of its importance, I have dedicated an entire section to teach you how it is done.

Deviational Study/Reading

As I have mentioned earlier, deviational study is discouraged among learners because it does not produce any positive outcome. The word 'deviational' tells it all. There are various types that learners use sometimes when studying which are deviational. The most common ones are what we call brown study and browsing. These are explained below:

Brown Study: This happens when the student opens a book and does what seems to be a reading of the material but actually the mind wanders and does not pay attention to the content of the material. She/he pretends to be studying or is simply unable to help it. This is sometimes observed among children who lack interest in studying at particular times but open a book to give a false impression to their parents that they are studying in order to win a parent's approval or avoid being asked to do something else which they would rather not do. Students who engage in brown study only deceive themselves and others and do not make good use of the precious time that they have. They will need some essential time management skills which I will cover later in this program.

Browsing: I believe you have observed this several times at your school library, a book shop, or a newspaper stand. Often a person who is in search of particular information among a large pile of books or media related to the same subject matter would try to open each material and do what seems to be a quick glance through its contents to see if it contains what he is searching for. The reader only searches for particular cues and does not actually study the material with the aim of learning anything meaningful from it. This is what is called browsing.

Similarly, a student may find himself/herself browsing through a book when he/she attempts to study. Because one does not learn much by browsing, it is described as deviational. This also leads to a waste of precious time when it becomes a norm, and can be corrected with some essential time management skills.

Methods of Studying

Of the four types of study which I have listed above, I will discuss the methods of studying involved in only one, which is concentrative studying. This is because concentrative studying happens to be the focus of this material.

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Concentrative Studying

Introduction

In the previous section, you learned something about concentrative study. You learned that it is the most essential type of study because its outcomes relate positively and directly to student achievement and academic progression.

There are many methods of concentrative studying of which I have mentioned only five. They are the SQ3R method, PQRS method, S4R method, the ROSEMARY 'L' method, and the PAR (EmoEles) method. For the purpose of this training, we are discussing only the PAR which you must use with the EmoEles. This method is the most suitable for learning from textbooks and other learning media.

Reference:

Ogbodo, R. O. (2010). Effective study habits in educational sector: Counselling implications. *Edo Journal of Counselling*, 3(2), 229–239.