

Study- and work culture

Techniques and relations

A&Til[®]

Agenda

For you to:

- Be able to define the good group culture
- Learn about the importance of communication
- Acquire insight into your own study approach and see the value of your fellow students diversity
- Become aware of concentration and memory techniques
- Understand the benefits of study techniques
- Work on planning and prioritising your time and tasks

“Culture eats strategy for
breakfast”

Quote by Peter Drucker

What does good group culture look like?



Examples of culture

To change the focus to everything that is unrelated to the topic

Having jackets/bags on the table

Wearing a jacket indoors

Smiling

Maintaining focus on the speaker

Performance vs. Development culture

Not taking out your mobile phone and using it in class

Attending classes

Food/coffee/cake is consumed during classes

Showing respect for person speaking

Actively participating in classes

Speaking politely to one another

Saying good morning

Being prepared

Not leaving in the middle of the class

Looking at each other

Communica- tion



7 % Verbal

38 % Vocale

55 % Non-verbale

How does language have consequences?



Join today

- Free membership
- The right to DKK 15,081 the first three months
- Non-binding for students



Performance rate



Learning style



Level of involvement

Best qualities

- Broad/comprehensive insight
- Enjoys time with the books
- Well-prepared

Best qualities

- Good at prioritising what is important
- Often active/critical/alert
- Has room for other interests besides studying

Focus on being meticulous
(overcommitted)



Challenges

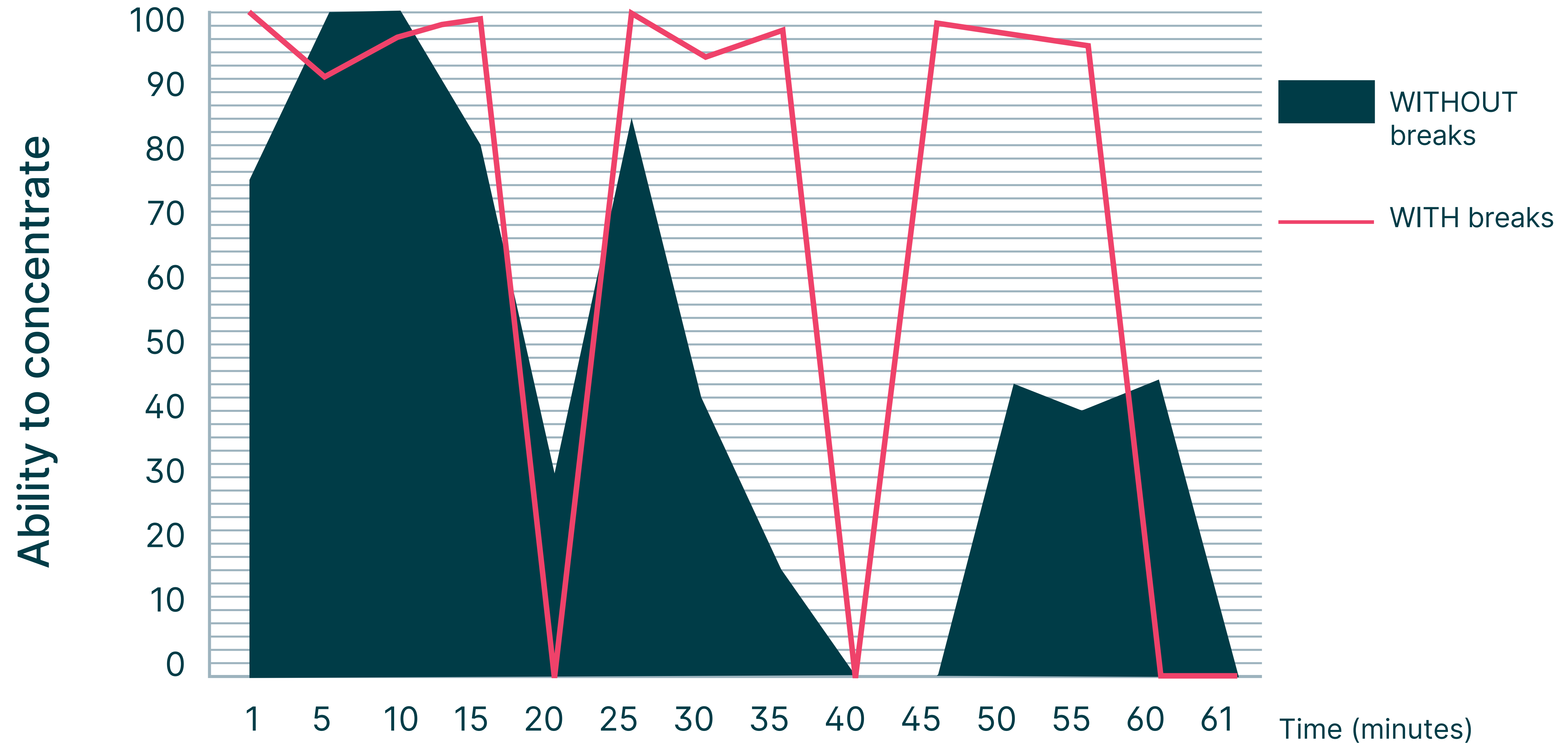
- Always has the books under the arm (mentally speaking)
- Demands more than is possible of oneself
- May encounter problems with stress
- Rarely distinguishes between what is most relevant and less relevant

Challenges

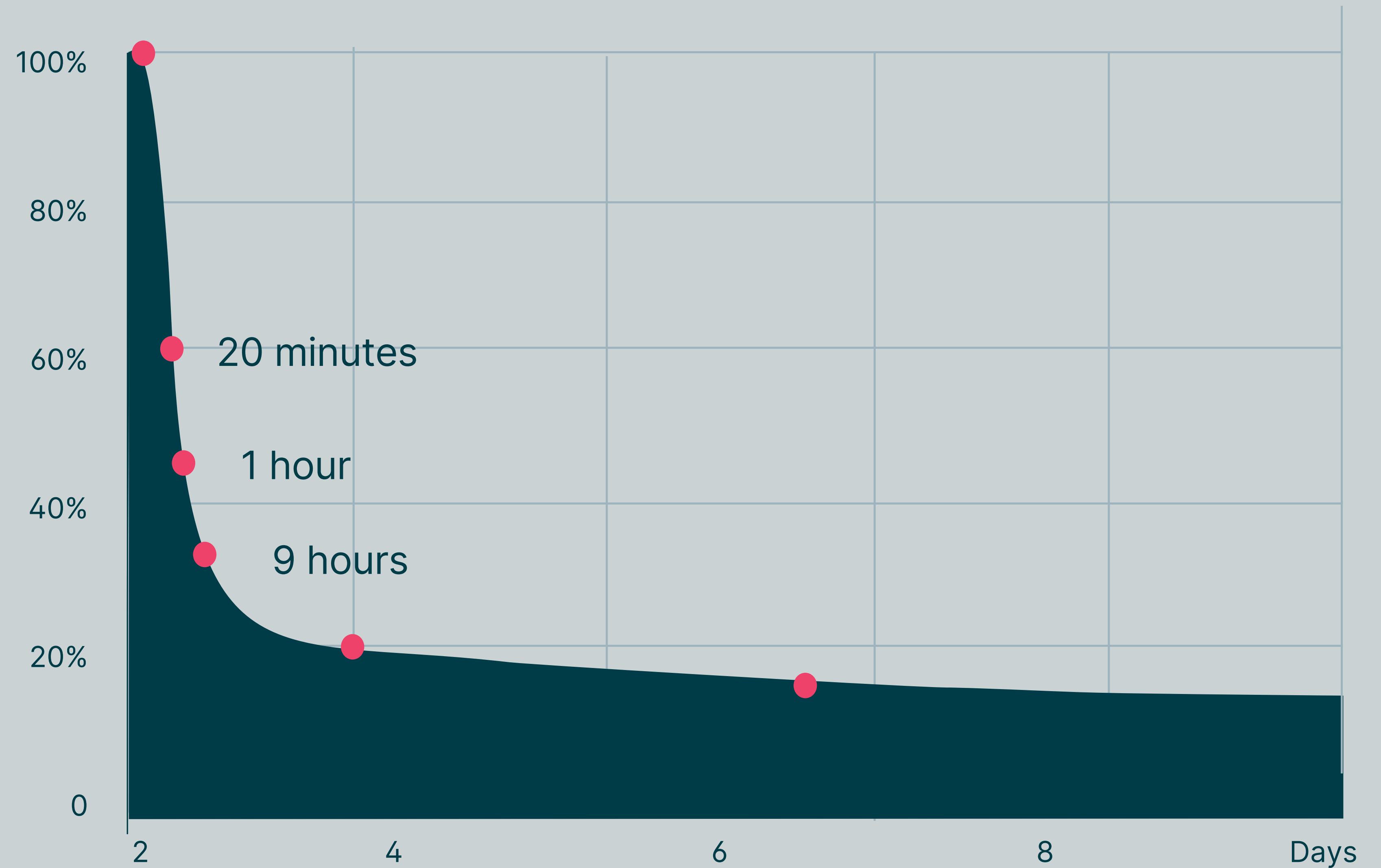
- Often poorly prepared
- Has difficulty with self-discipline
- Dependent on personal motivation, which is not always present
- The vicious circle: The less you are involved, the less relevant it is, the less you are involved, etc.

Good at
prioritising
(undercommitted)

Concentration



Memory



Read 2-4 times faster

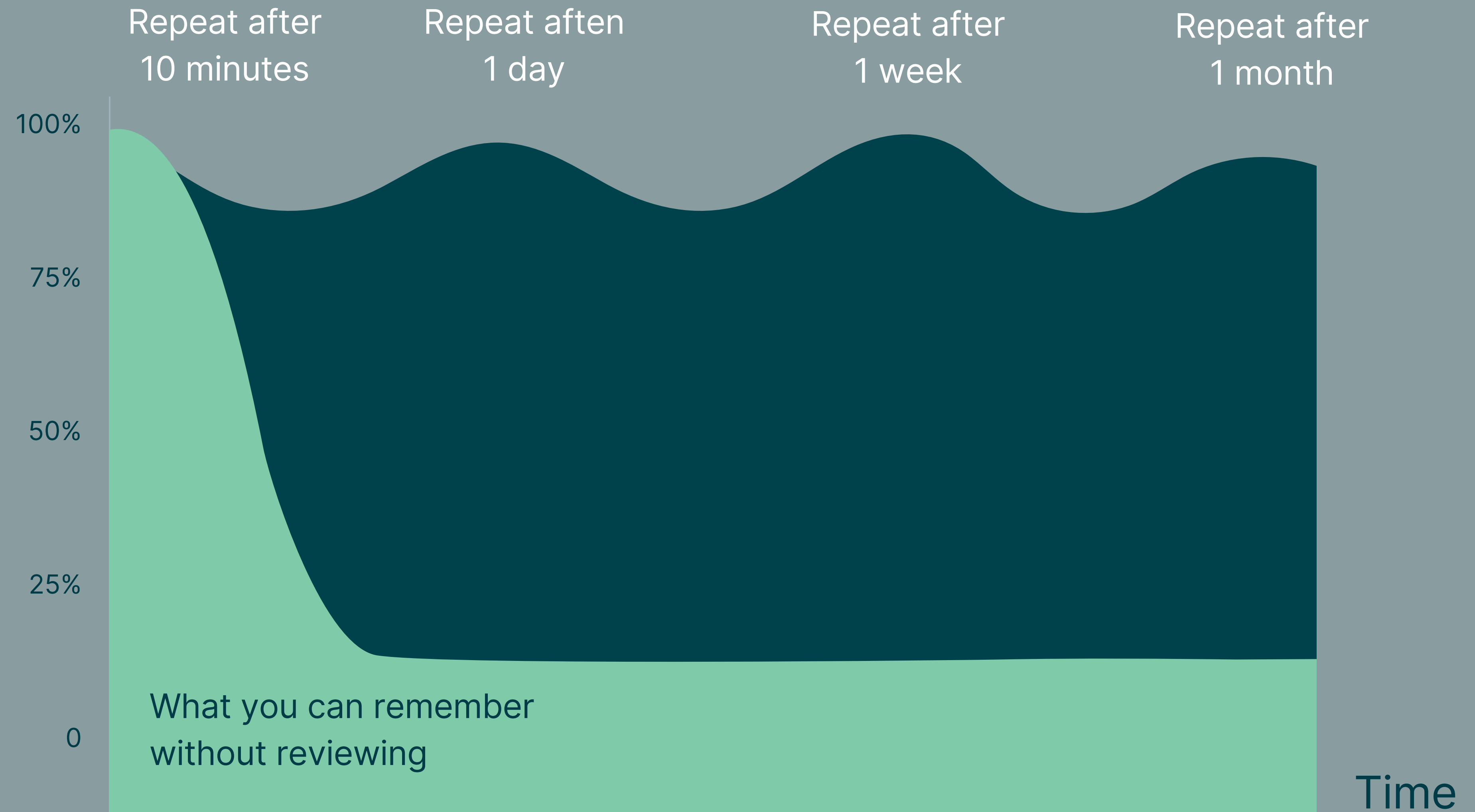
Reading technique

1. No reading
2. Scanning
3. Speed reading
4. Normal reading

Memory

5. Repeat and check

Repeat and remember





Summary

- Read 20-30 minutes at a time
- Use breaks actively
- Process the text in five steps
- Repeat points

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We give you the tools to
plan your internships, job
searches and career
development

Break

- Free membership
- The right to DKK 15,081 the first three months
- Non-binding for students





Being a student is like being
self-employed

Planning

- a tool to achive your goals

Januar	Februar	Marts	April	Maj	Juni
Ma 1 Nytårsdag 1	To 1	Fr 1	Ma 1 2. påskedag 14	On 1	Lø 1
Ti 2	Fr 2	Lø 2	Ti 2	To 2	Sø 2
On 3	Lø 3	Sø 3	On 3	Fr 3	Ma 3 23
To 4	Sø 4	Ma 4 10	To 4	Lø 4	Ti 4
Fr 5	Ma 5 6	Ti 5	Fr 5	Sø 5	On 5 Grundlovsdag
Lø 6	Ti 6	On 6	Lø 6	Ma 6 19	To 6
Sø 7	On 7	To 7	Sø 7	Ti 7	Fr 7
Ma 8 2	To 8	Fr 8	Ma 8 15	On 8	Lø 8
Ti 9	Fr 9	Lø 9	Ti 9	To 9 Kr. himmelfartsdag	Sø 9
On 10	Lø 10	Sø 10	On 10	Fr 10	Ma 10 24
To 11	Sø 11	Ma 11 11	To 11	Lø 11	Ti 11
Fr 12	Ma 12 7	Ti 12	Fr 12	Sø 12	On 12
Lø 13	Ti 13	On 13	Lø 13	Ma 13 20	To 13
Sø 14	On 14	To 14	Sø 14	Ti 14	Fr 14
Ma 15 3	To 15	Fr 15	Ma 15 16	On 15	Lø 15
Ti 16	Fr 16	Lø 16	Ti 16	To 16	Sø 16
On 17	Lø 17	Sø 17	On 17	Fr 17	Ma 17 25
To 18	Sø 18	Ma 18 12	To 18	Lø 18	Ti 18
Fr 19	Ma 19 8	Ti 19	Fr 19	Sø 19 Pinsedag	On 19
Lø 20	Ti 20	On 20	Lø 20	Ma 20 2. pinsedag 21	To 20
Sø 21	On 21	To 21	Sø 21	Ti 21	Fr 21
Ma 22 4	To 22	Fr 22	Ma 22 17	On 22	Lø 22
Ti 23	Fr 23	Lø 23	Ti 23	To 23	Sø 23
On 24	Lø 24	Sø 24 Palmesøndag	On 24	Fr 24	Ma 24 26
To 25	Sø 25	Ma 25 13	To 25	Lø 25	Ti 25
Fr 26	Ma 26 9	Ti 26	Fr 26	Sø 26	On 26
Lø 27	Ti 27	On 27	Lø 27	Ma 27 22	To 27
Sø 28	On 28	To 28 Skærtorsdag	Sø 28	Ti 28	Fr 28
Ma 29 5	To 29	Fr 29 Langfredag	Ma 29 18	On 29	Lø 29
Ti 30		Lø 30	Ti 30	To 30	Sø 30
On 31		Sø 31 Påskedag		Fr 31	



Semesterplan

- Collect all relevant information
- Mark submission deadlines
- Cross out all the days you won't be studying

Workload

1 ects = 27 hours

Week plan

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7-8		Subject 2 Read/prepare						
8-9	Subject 1		Subject 2	Subject 3 Group work	Subject 4	Job		
9-10								
10-11								
11-12								
12-13								
13-14	Subject 1 Write assignment	Subject 2	Subject 3					
14-15								
15-16					Subject 4 Write assignment			Subject 1 Read/prepare
16-17			Subject 4 Read/prepare					
17-18	Crossfit			Crossfit				
18-19		Subject 2 Write assignment						
19-20								
20-21								

Week plan

- Decide which week you wish to plan
- Fill in with teaching
- Fill in with activities you wish to attend
- Find room in your schedule for preparation time for your subjects and assignments



You have now

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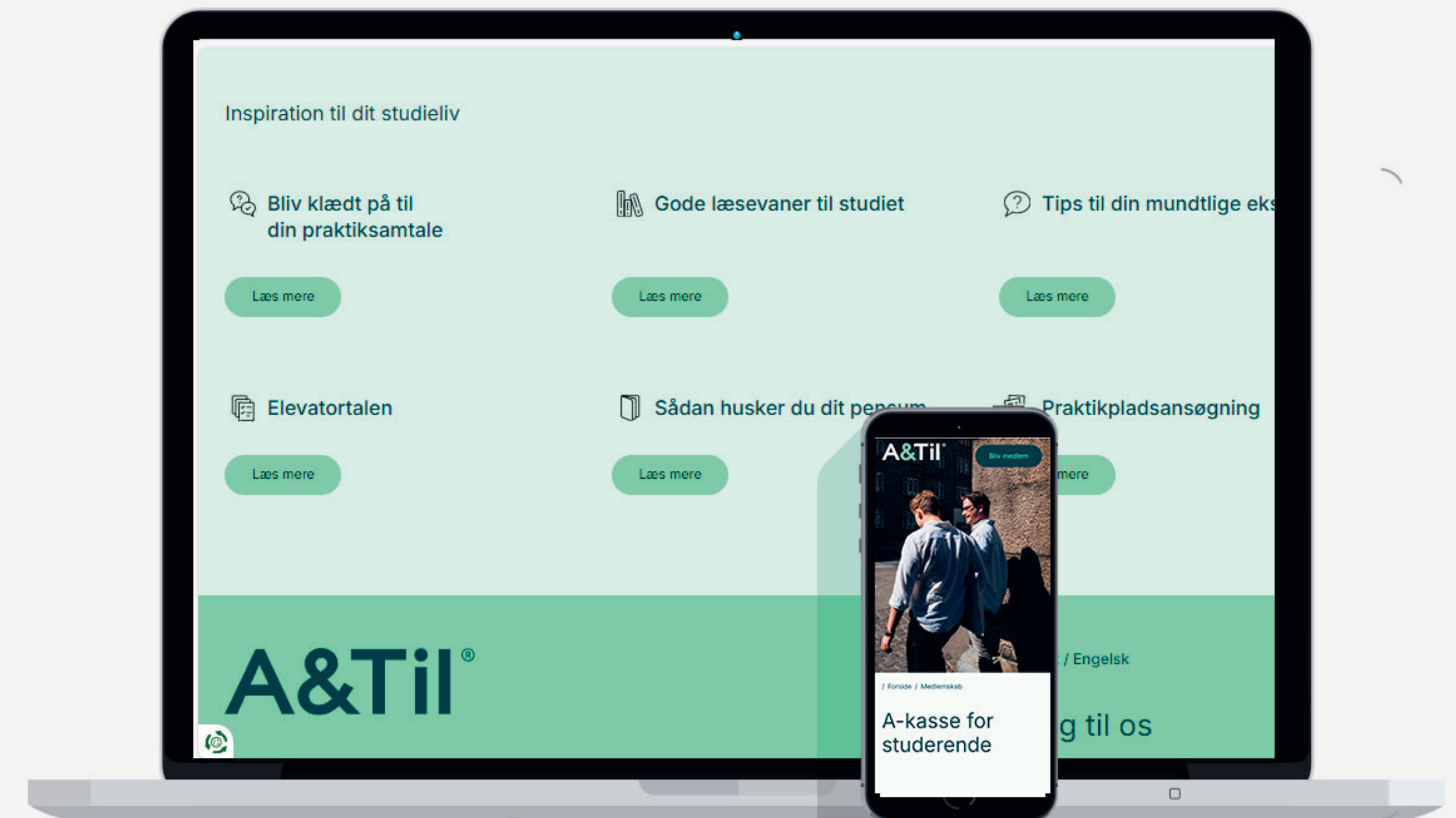


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