

# Study- and work culture

Techniques and relations

A&Til<sup>®</sup>

# 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

Not taking out your mobile phone and using it in class

Performance vs. Development culture

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 15,759 the first three months
- Non-binding for students



# Performance rate



# Learning style



# Level of involvement

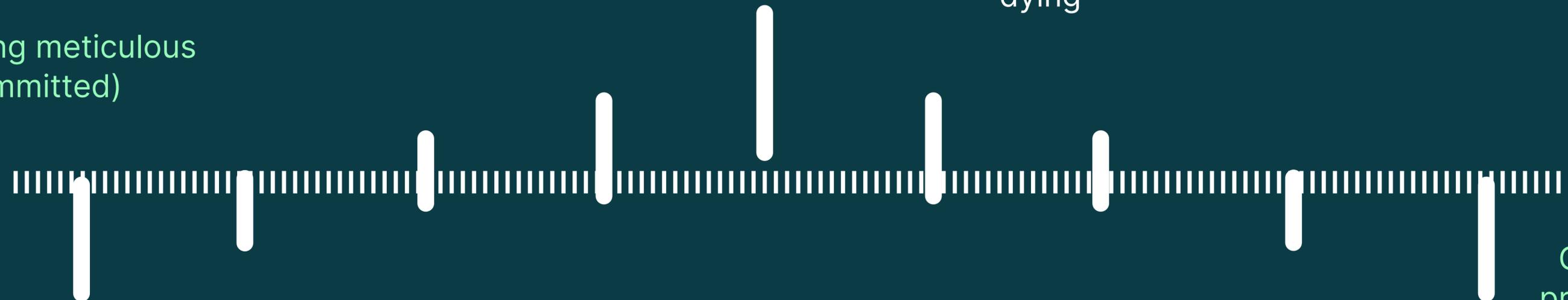
## Best qualities

- 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

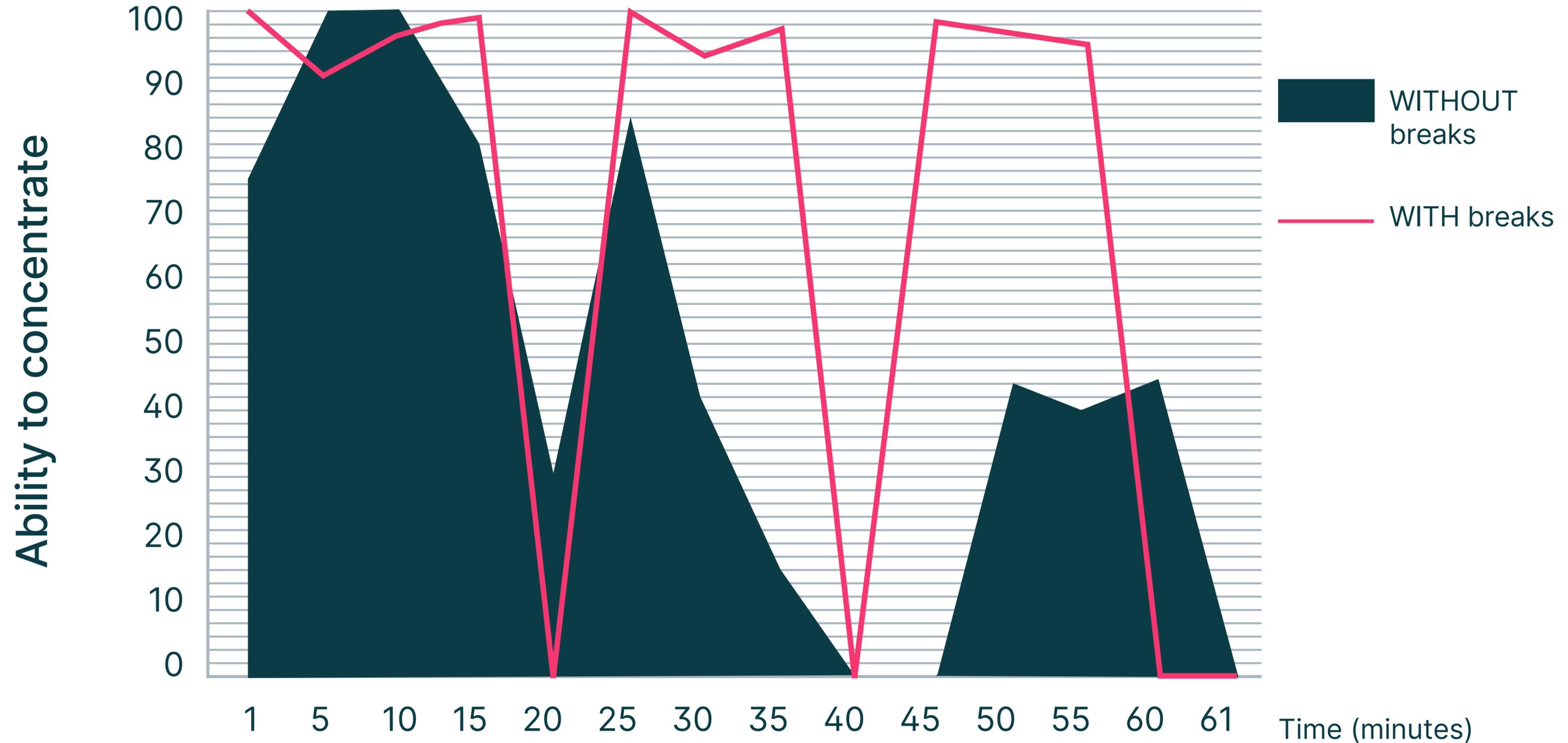
- Always has the books under the arm (mentally speaking)
- Demands more than is possible of oneself
- May encounter problems with stress
- Rarely distinguishes between what is most relevant and less relevant

## Challenges

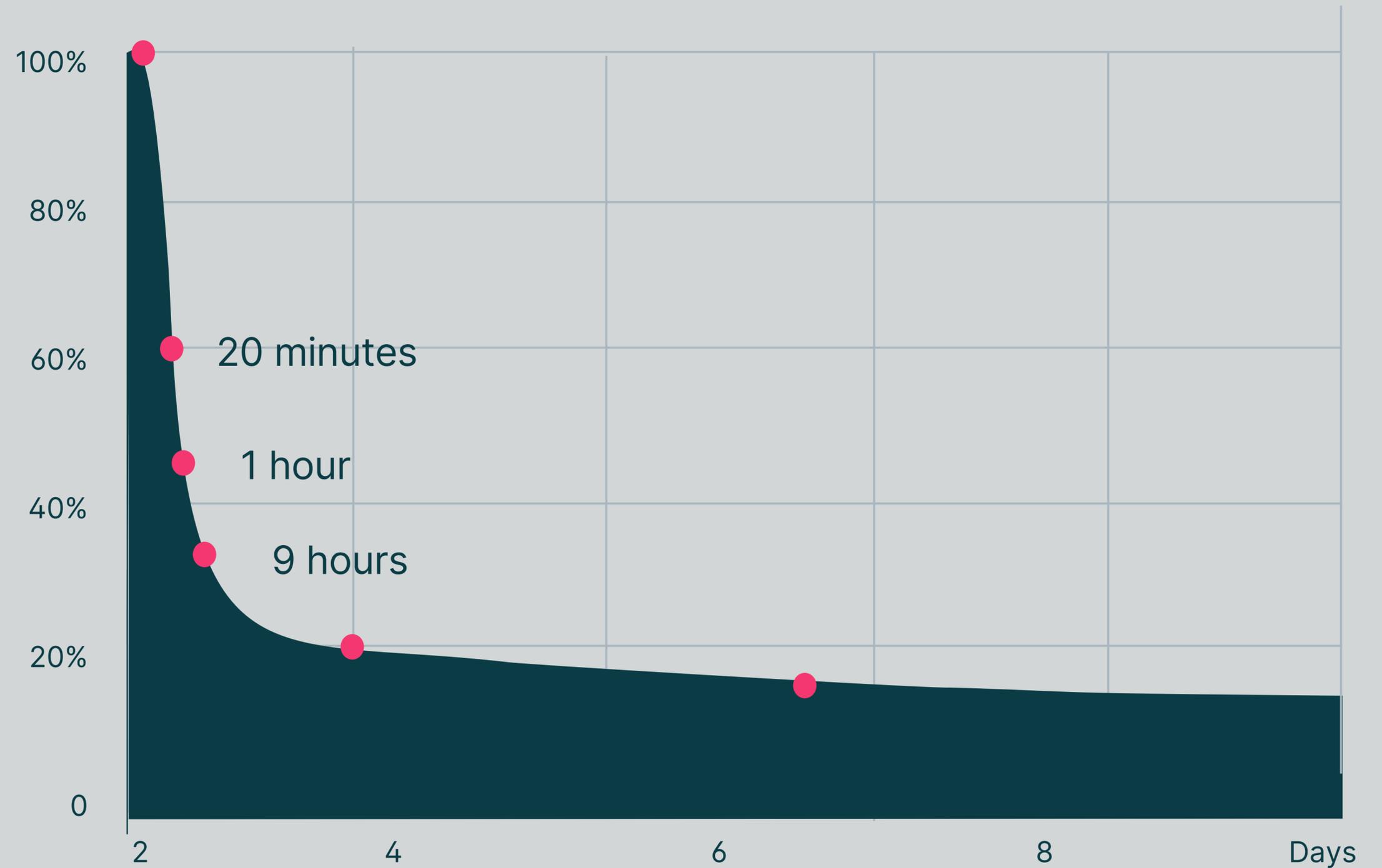
- Often poorly prepared
- Has difficulty with self-discipline
- Dependent on personal motivation, which is not always present
- The vicious circle: The less you are involved, the less relevant it is, the less you are involved, etc.

Good at prioritising  
(undercommitted)

# Concentration



# Memory



Read  
2-4 times  
faster

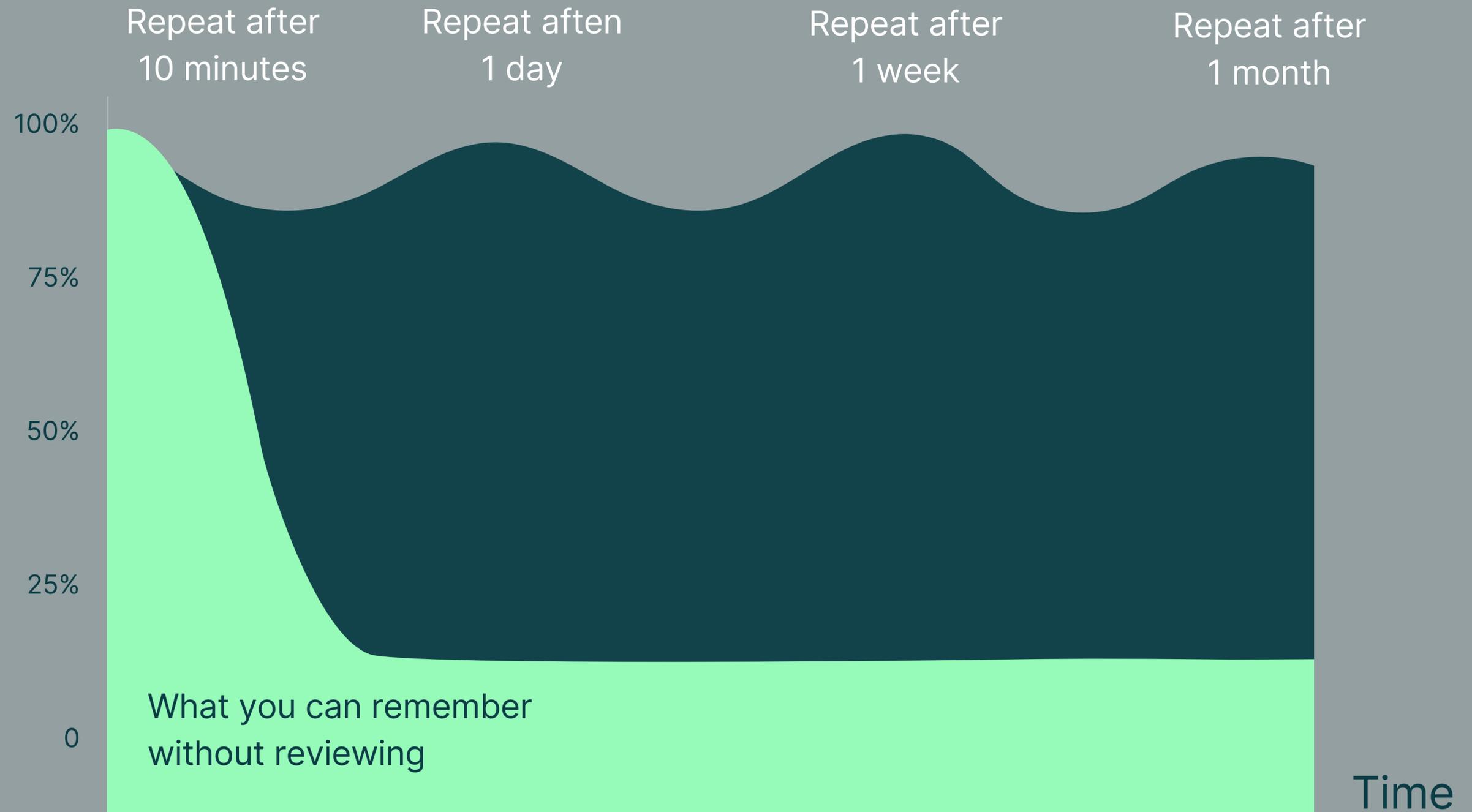
## Reading technique

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
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Being a student is like being self-employed

# Planning

## - a tool to achieve 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			Subject 3				
13-14	Subject 1 Write assignment			Subject 4 Write assignment			
14-15							
15-16							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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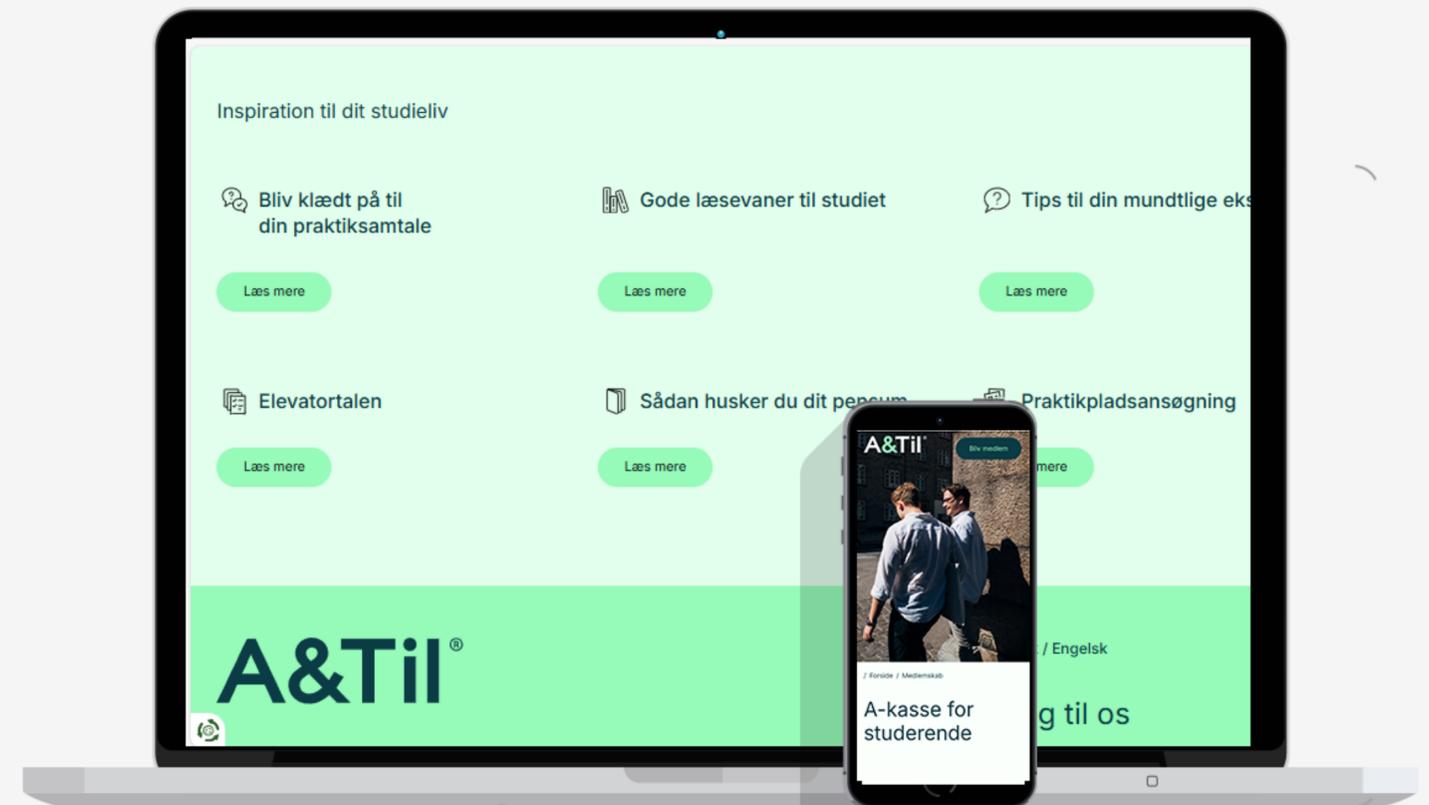


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# Thank you for your attention

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