

# **Workshop on Study Skills, Time Management held for students in KJC**



A workshop on 'Study Skills and Time Management' was conducted by the Department of Social Work at Kristu Jayanti College for students at

Don Bosco High School in Kothanur on September 30, 2024. The event aimed to enhance learning and support young students.

The workshop began with a welcome address and was led by Dr. Jonas Richard A. The first session was focused on study strategies such as SQ3R, Mind Mapping, Chunking, and Visualization, presented by Ms. Anagha Sajan. This was followed by an interactive icebreaker activity.

The second session, led by Ms. Ringchamsuiliu Pamei, covered time management techniques, including study timetables and goal-setting. The

importance of avoiding multitasking was also discussed. The program concluded with a discussion on the Eisenhower Matrix, emphasizing the need for breaks and reducing distractions.

Participants expressed appreciation for the insights gained during the workshop, which provided valuable skills for effective studying and time management. This initiative showcased a commitment to supporting student development.