

Essential Study Skills

The Complete Guide to
Success at University

Tom Burns & Sandra Sinfield

4th Edition

companion
website 



Essential Study Skills

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About the Authors

Tom Burns and **Sandra Sinfield** are co-authors of *Teaching, Learning and Study Skills: A guide for tutors* and *Essential Study Skills: The complete guide to success at university* (fourth edition).

Tom Burns, always interested in theatre and the arts and their role in teaching and learning, led the Hainault Action Group setting up adventure playgrounds and devising Community Events and Festivals for the local community. Whilst still a student Tom set up and ran the first *International Dario Fo Festival* – with symposium, theatre workshops for students and local people and full dramatic performances by the Fo-Rame theatre troupe of *The Tiger's Tale* and *The Boss's Funeral*.

Sandra Sinfield has worked as a laboratory technician, a freelance copywriter, an Executive Editor (*Medicine Digest*, circulation 80,000 doctors) and in the voluntary sector with the Tower Hamlets Research and Resource Centre and with the Islington Green School Community Play written by Alan, *Whose Life is it Anyway?*, Clarke and produced at Saddlers Wells.

Together Tom and Sandra have taken a production of John Godber's *Bouncers* on a tour of Crete music venues, written and made a feature film (*Eight Days from Yesterday*) and produced teaching and learning courses and materials in a range of settings. Their *Take Control* video won the IVCA gold award for education – and has been embedded in an online study resource (*Six Steps to Success* – <http://learning.londonmet.ac.uk/epacks/soccer/>).

Tom Burns and Sandra Sinfield are both Senior Lecturers in Education and Learning Development actively involved in the Association for Learning Development in Higher Education (www.aldinhe.ac.uk). Most recently they have developed the student-facing *Study Hub* (www.londonmet.ac.uk/studyhub) and the staff-facing *Take5* website and blog (<http://learning.londonmet.ac.uk/epacks/take5/>), the latter of which