

## **Reflections on a Study Skills Training Program at a University in Limpopo Province, South Africa**

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**ABSTRACT** The purpose of the present study was to explore students' views on study skills and other factors that might have influenced their learning at a university in Limpopo Province of South Africa. The study made use of a qualitative approach in which a case study design was employed. Purposive sampling was used to select two samples from a group of 45 students who completed the Foundation Program in the university. Each sample consisted of 6 participants and data were collected through individual and focus group interviews. Data were analyzed through content analysis. The study found that there were numerous factors that impacted negatively on students' learning efforts. The study concluded that the type of study skills offered in the Foundation Program were not appropriate for learning in higher education. The study makes recommendations to enhance student learning in the university.