

How to study

Barrhead High School

14th September

Study Environment

“The mere presence of one’s smartphone reduces available cognitive capacity and impairs cognitive functioning, even though people feel they’re giving their full attention and focus to the task at hand.”

“Simply hearing the sound or feeling the vibration that signified the alert was enough to distract the participants and decrease their ability to focus attention on the primary task.”

“...clear evidence that engagement with smart devices can have an acute impact on ongoing cognitive tasks.”

How to study

The secret to mastering complex subjects lies in breaking them down into digestible pieces. Neuroscientists (and teachers) refer to this process as **chunking**.

Chunking involves organizing vast amounts of information into smaller, manageable units.

Study Cards

Write the question or heading on this side

Write the answer on this side

- Writing out cards helps to embed information
- Can be used with friends/parents/carers to test recall

Study Cards

Write the question or heading on this side

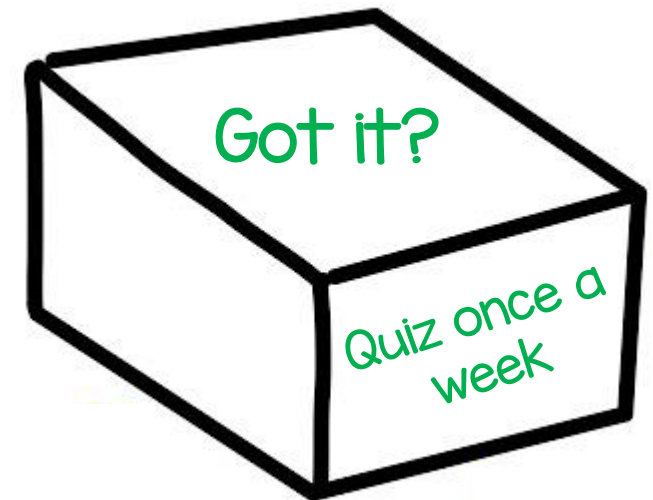
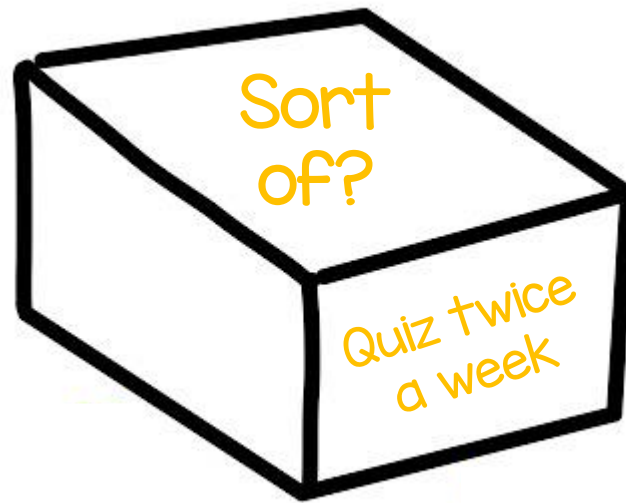
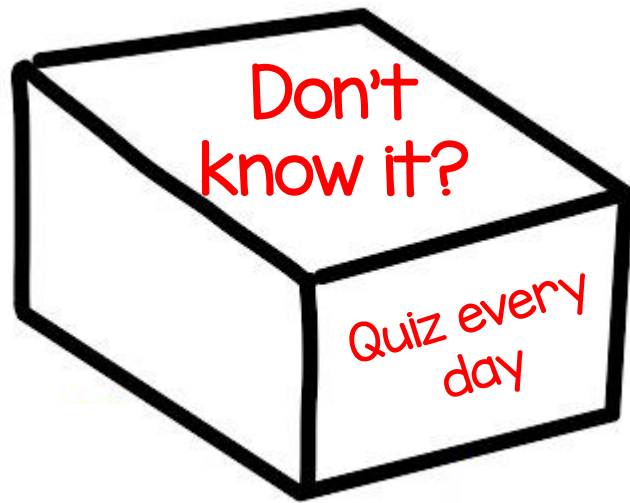
Write the answer on this side

The more complex the study technique, the better it is for long-term learning.

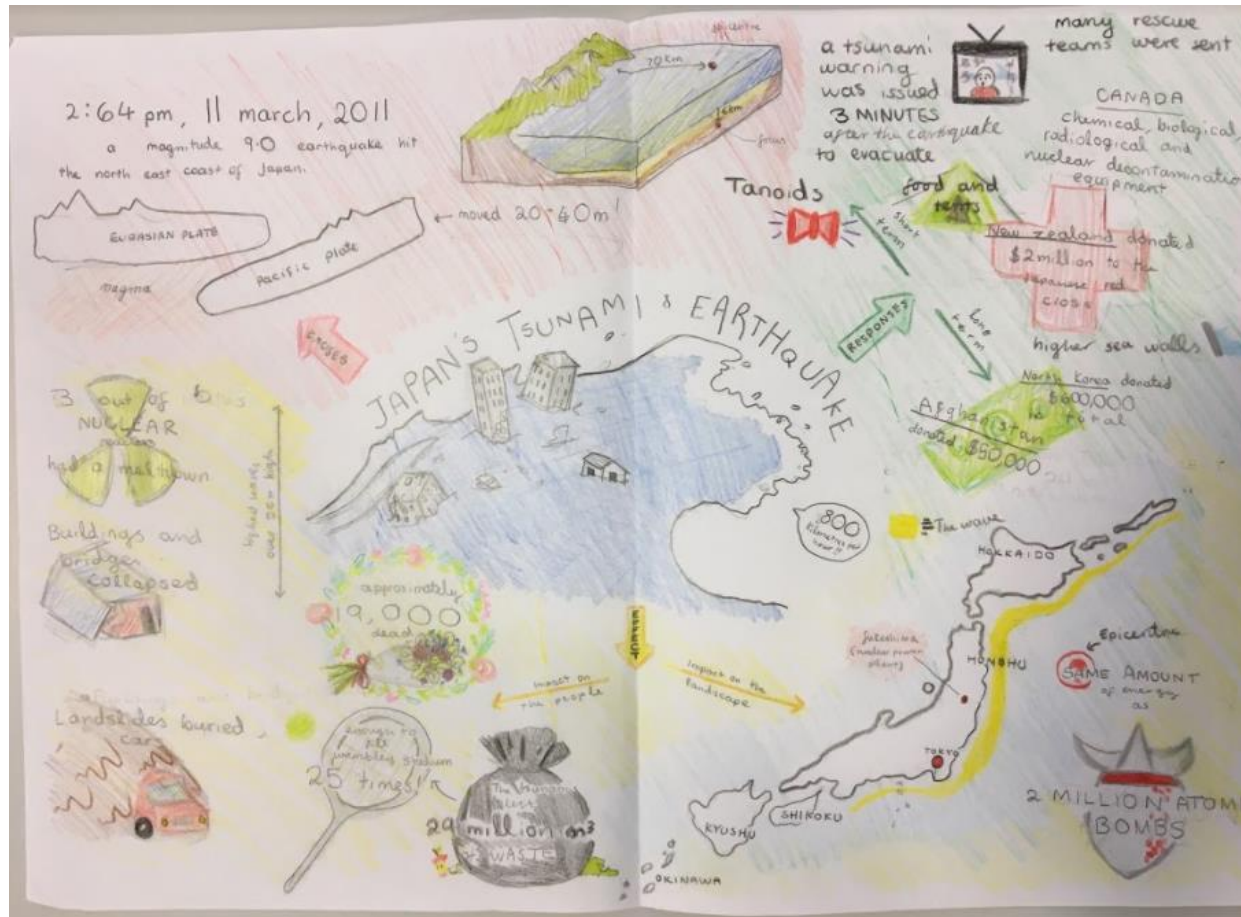
Study Cards

- Include pictures
- Use mnemonics
- Colour code cards
- Keep them simple

Study Cards



Mind Maps

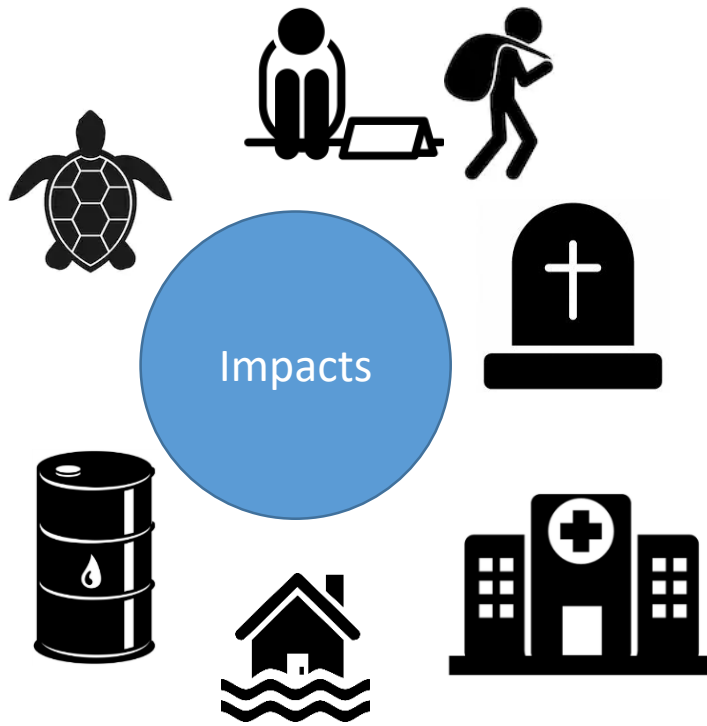


Use different colours to help classify information

Pictures and diagrams can be more useful and break up pages of text

This also uses the technique of dual coding

Structured Mind Maps



This uses a base mind map created by a teacher.

Dual coding helps to embed information

Base provides scaffolding to support learners

Folding Frenzy

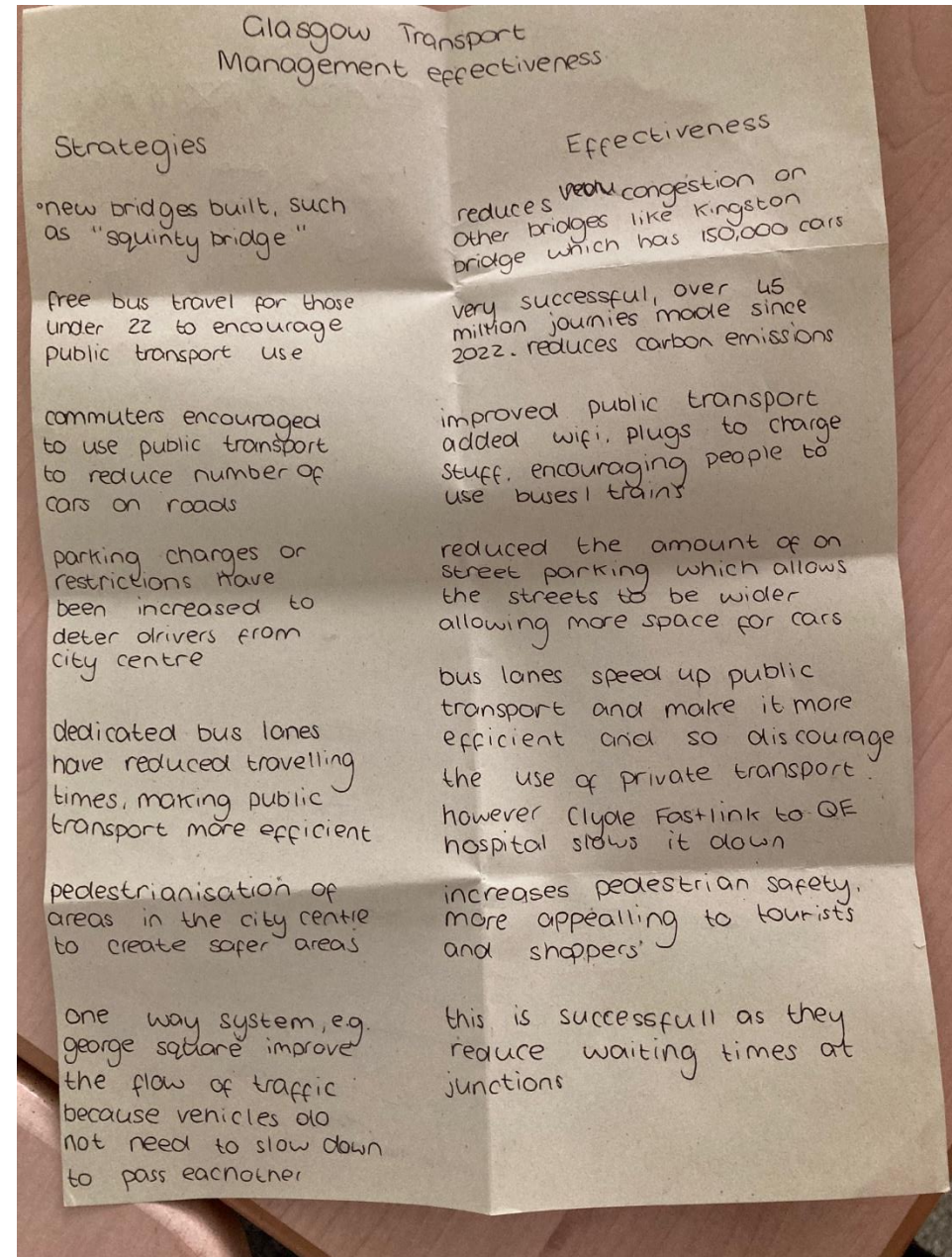
A more complex technique - but improves long term memory

Graphic organisers, can help simplify more complex material

Folding Frenzy

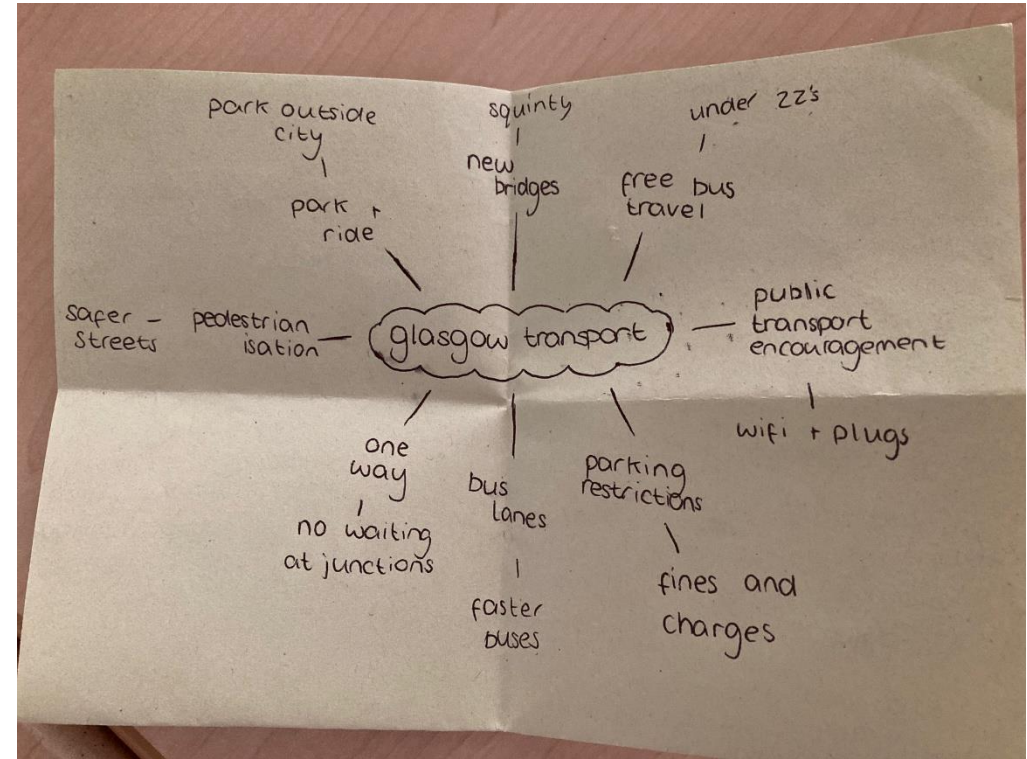
Start by making a page of notes on a topic.

Use lots of keywords and some images.



Folding Frenzy

Fold your notes in half and make a summary diagram (e.g. a mind map) of the other side, keeping the keywords you have used but organising the information



Folding Frenzy

Then fold again and summarise the whole topic with 5 or 6 keywords.

Key Words

1. bridge - Kingston
2. bus - 45million
3. wifi - encouragement
4. restrictions - wider
5. lanes - faster
6. one - junctions
7. pedestrianisation - safer
8. ride - park

Folding Frenzy

Lastly flip over and summarise the topic using only images.

You have now synthesised the information 4 times. You can be tested and check your knowledge in multiple ways.

The more unfolded the folding frenzy, the less confident you are on a topic.

