# How to study

Barrhead High School 14<sup>th</sup> 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.

Write the question or heading on this side

Write the answer on this side

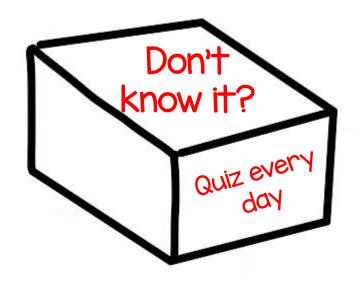
- Writing out cards helps to embed information
- · Can be used with friends/parents/carers to test recall

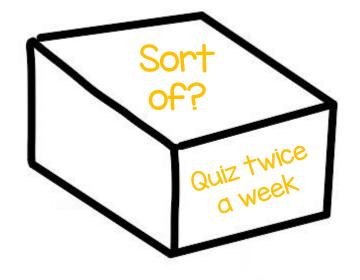
Write the question or heading on this side

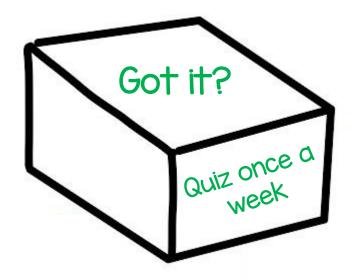
Write the answer on this side

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

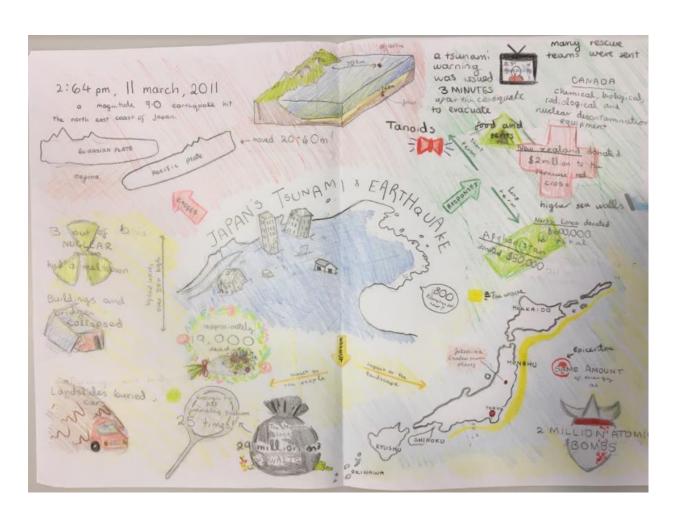
- Include pictures
- Use mnemonics
- Colour code cards
- Keep them simple







#### Mind Maps

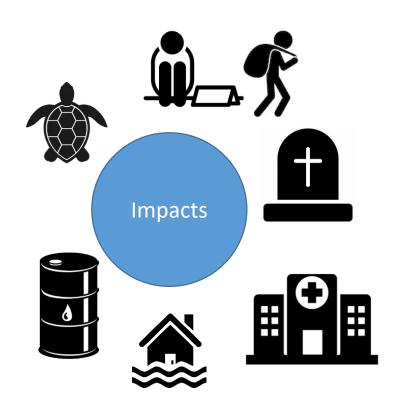


Use different colours to help classify information

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

A more complex technique - but improves long term memory

Graphic organisers, can help simplify more complex material

Start by making a page of notes on a topic.

Use lots of keywords and some images.

#### Clasgow Transport Management effectiveness

#### Strategies

onew bridges built, such as "squinty bridge"

free bus travel for those under 22 to encourage public transport use

commuters encouraged to use public transport to reduce number of cars on roads

parking charges or restrictions have been increased to deter olivers from city centre

dedicated bus lones have reduced travelling times, making public transport more eccicient

pedestrianisation of areas in the city centile to create sofer areas

one way system, e.g. george soldare improve the flow of traffic because venicles alo not need to slow down to pass eachother

#### Effectiveness

reduces veolu congestion on other bridges like kingston other bridges like kingston bridge which has 150,000 cars

very successful, over 45 miltion journies mode since 2022. reduces carbon emissions

improved public transport added wifi, plugs to crarge stuff, encouraging people to use buses I trains

reduced the amount of on street parking which allows the streets to be wider allowing more space for cars

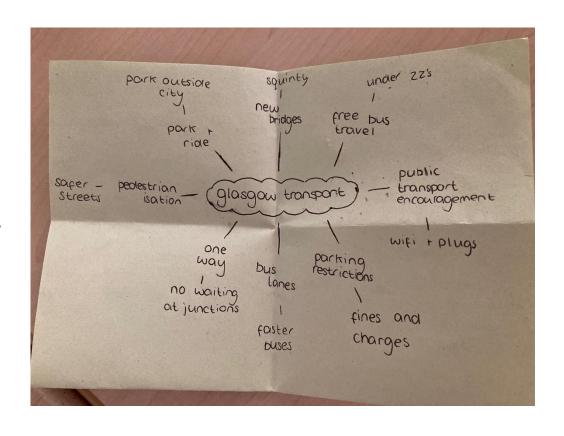
bus lones speed up public transport and make it more efficient and so discourage the use of private transport.

however (lyde Fastlink to QE hospital slows it down

increases pedestrian safety, more appealling to tourists and shappers'

this is successfull as they reduce waiting times at junctions

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



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

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

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.

