

Senior Study Skills Information For Pupils & Parents

# How not to study..

- Students often try to study by re-reading their notes hoping that it will stick in the brain.
- The problem is that these methods only lead to **short-term learning**.
- Within days, you are less likely to remember the information or be able to use the skill confidently if you study like this.



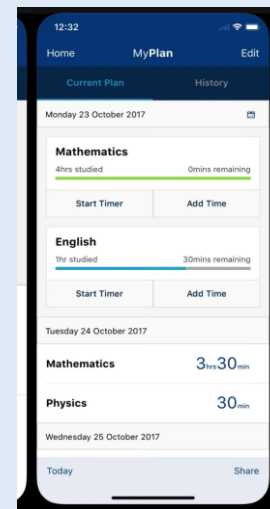
## Find a quiet space

Bedroom?

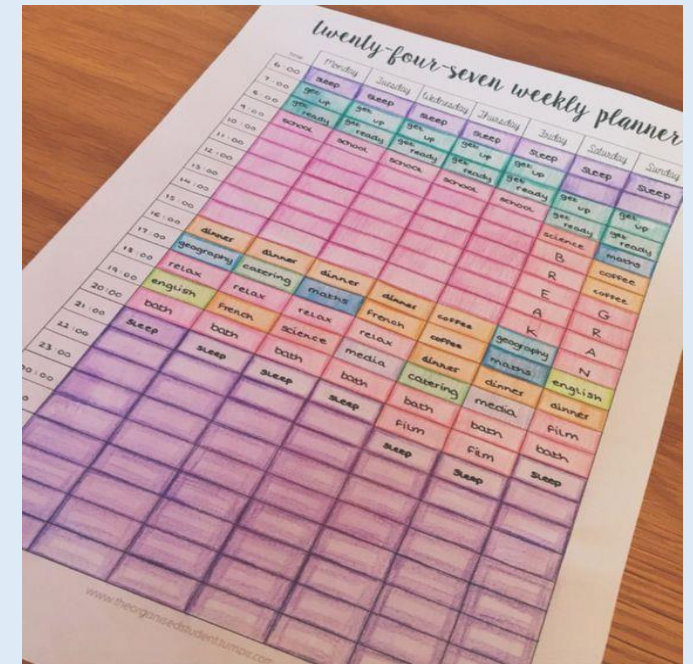
Dining room?

Study?

Local library?



## Plan your time & schedule breaks



Prepare a detailed study plan

Be realistic

Allow time for social activities

Don't prioritise the subjects you enjoy most

Don't put off the subjects you least enjoy

Dos

Don'ts

# Study Plan

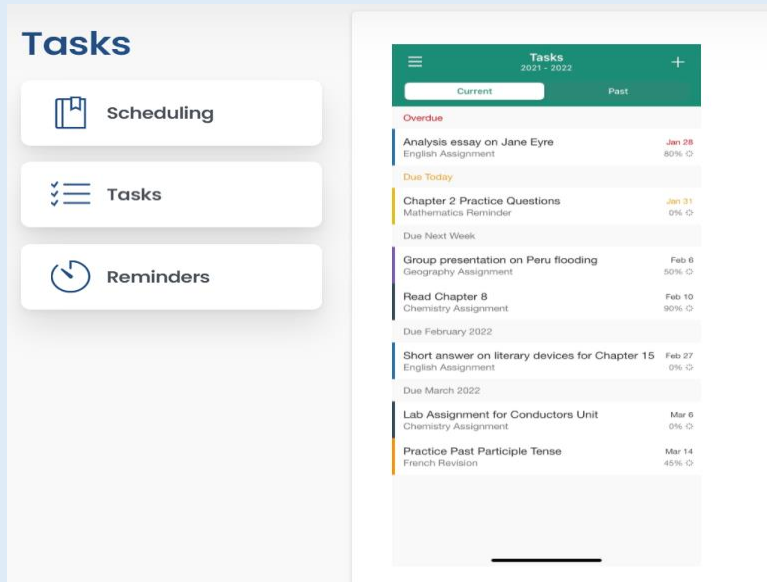
A study plan is vital to ensure you don't become overwhelmed with the work you need to do for each subject.

**STUDY TIMETABLE**

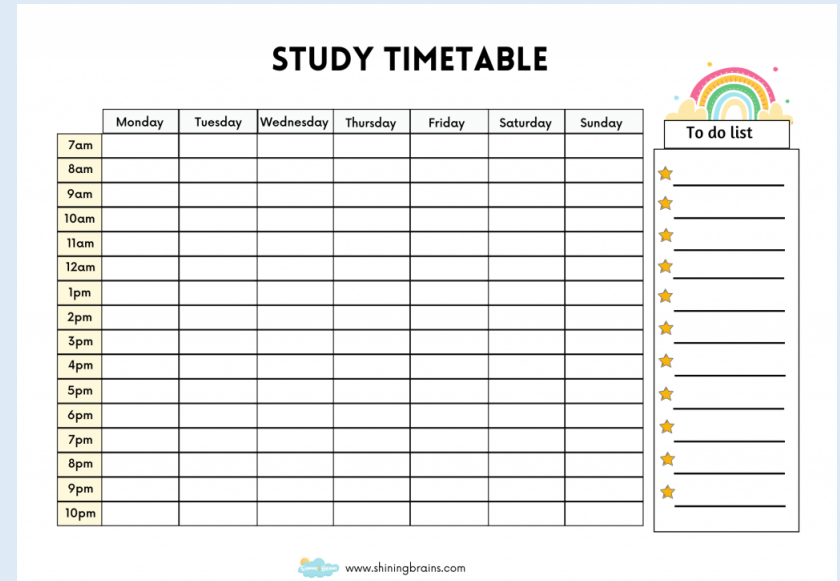
||| SCHOOL  
||| FREE TIME

	MON	TUE	WED	THU	FRI	SAT	SUN
9-4	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
4-5	CHEM	BAND	BAND	ENGLISH	BAND		
5-7							
7-7:30	BIOLOGY	TRUMPET	ENGLISH		MATHS	HISTORY	
7:45-8:30	GEO	CHEM	MUSIC		ENGLISH	MUSIC	
8:30-9	HISTORY	MATHS	BIOLOGY		BIOLOGY	MATHS	
9-9:30							

# Find a study planner that works for you



Free app [‘My Study Planner’](#)



[Timetable with ‘to do list’](#)

# Past Papers

- Practising exam questions is the most important revision method.
  - It helps:
    - To discover areas of focus for revision.
    - Practice managing your time.
    - Practice staying focused.
- ✓ *Practicing past papers **now** is vital!*
- ✓ You can find past papers for **all subjects** on the QS [website](#).

# Retrieval Practice

- Retrieving information takes effort, but leads to stronger learning.
- Recalling answers is more effective than looking them up.
- Actively testing yourself is better than re-reading.



# Retrieval Practice Activities

- **Brain dump**

Read over any notes, flashcards or mind maps. After some time has passed, write down everything you remember about that topic.

Compare your end result to the information you hope to have learned *in time!*

- **Summarise in 15/30/50 Words**

Test your knowledge and understanding of a topic by giving yourself a strict word limit within which to explain a key idea.

(Modern Studies) Everything I can remember about the Crime and Law topic:

- 
- 
- 
- 
- 

Key theme of "Othello" in 15 words ... (English)

15 word explanation of 'Equilibrium' (Chemistry)

# Retrieval Practice Activities

## Your Turn to Teach

Using little to no prompts, teach a friend or parent a key concept.

## Challenge Grids

Create a challenge grid by using your notes or past papers to set yourself a range of questions. After revising the subject, complete your challenge grid with no notes.



<p>Simrah drives to work and back. Her speedometer before she sets off is 37874 and after she returns to 24078. Her car does 32 miles per gallon. Petrol costs £1.55 per litre. To the nearest penny how much does it cost for her to go to work and back? (Assume 1 gallon = 4.5 litres)</p>	<p>a) Draw a cumulative frequency diagram and find the median, quartiles and QQR.</p> <table border="1"> <thead> <tr> <th>(Times)</th> <th>Number of films</th> </tr> </thead> <tbody> <tr> <td><math>0 \leq t &lt; 80</math></td> <td>0</td> </tr> <tr> <td><math>80 \leq t &lt; 100</math></td> <td>9</td> </tr> <tr> <td><math>100 \leq t &lt; 120</math></td> <td>35</td> </tr> <tr> <td><math>120 \leq t &lt; 140</math></td> <td>30</td> </tr> <tr> <td><math>140 \leq t &lt; 160</math></td> <td>18</td> </tr> <tr> <td><math>160 \leq t &lt; 180</math></td> <td>8</td> </tr> </tbody> </table>	(Times)	Number of films	$0 \leq t < 80$	0	$80 \leq t < 100$	9	$100 \leq t < 120$	35	$120 \leq t < 140$	30	$140 \leq t < 160$	18	$160 \leq t < 180$	8	<p>Find <math>x</math> and <math>y</math></p>	<p>A rectangle has lengths <math>\sqrt{17}</math> and <math>\sqrt{13}</math>. A triangle has a base of <math>\sqrt{18}</math> and a perpendicular height of <math>\sqrt{12}</math>. Which shape has the largest area? Show full working.</p>
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<p>Show that <math>\frac{2x-1}{3} + \frac{5x-2}{2}</math> simplifies to <math>\frac{19x-4}{6}</math>.</p>	<p>b) Find an estimate of the mean</p> <p>Find the area of the trapezium</p>	<p>O is the centre of the smaller circle DF = DE Angle CDE = <math>90^\circ</math> Express <math>y</math> in terms of <math>x</math>. Explain your answer fully.</p>	<p>Expand and simplify: <math>3(x+4) - 2(3x-5)</math> <math>(2y+3)(3y-2)</math> <math>(2x+5)(2x-5)(3x+7)</math></p>														
<p>Work out the shaded area</p>	<p>Alex has <math>n</math> eggs. 5 of these eggs are cracked. He chooses two eggs at random. The probability that both of these eggs will be cracked is <math>\frac{3}{10}</math>.</p> <p>(a) Prove that <math>n^2 - n - 600 = 0</math> (b) How many eggs did Alex actually have to begin with?</p>	<p>(a) Draw the graph of <math>y = x^2 - 2x^2 - x + 2</math> for values of <math>x</math> from <math>x = -2</math> to <math>x = 3</math>. (b) Use your graph to solve <math>x^2 - 2x^2 - x + 2 = 0</math> (c) Use your graph to solve <math>x^2 - 2x^2 - x + 2 = 4</math></p>	<p>At a concert 3 adult and 4 child tickets cost £23 1 adult and 5 child tickets cost £15</p> <p>Work out the cost of an adult ticket and the cost of a child ticket.</p>														

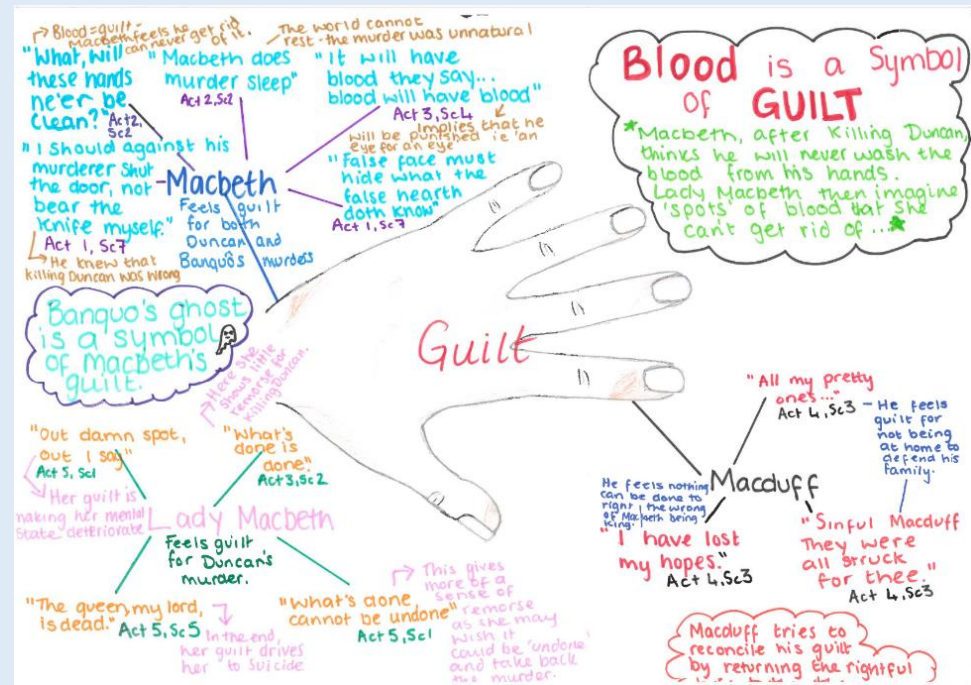
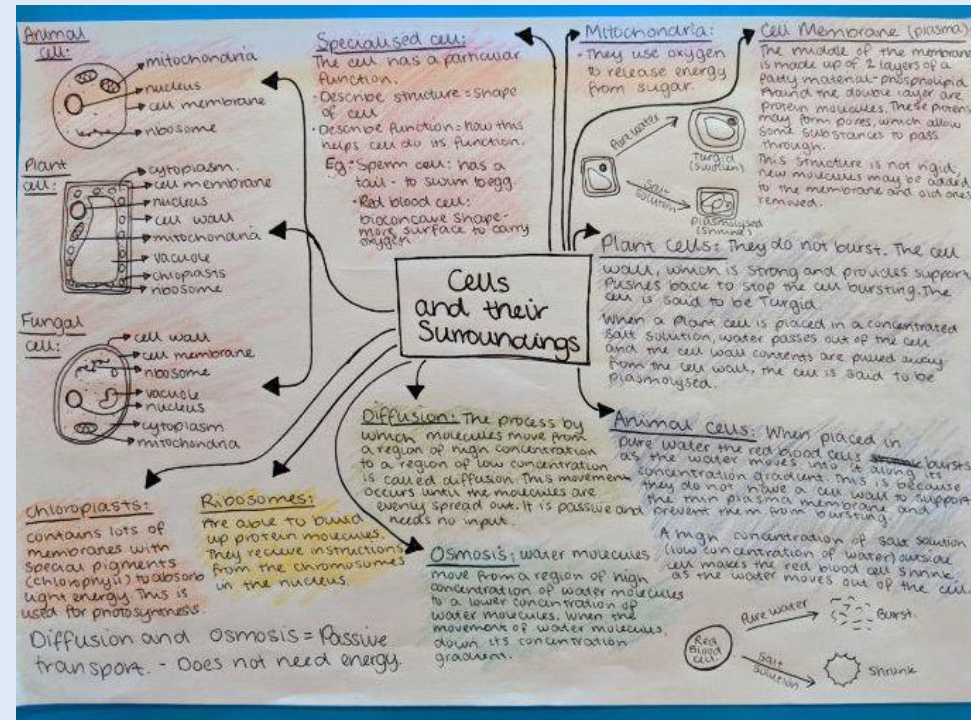
# The Pomodoro Technique

- [Watch the TED talk](#) by student, Yana Savitsky, to learn about how the Pomodoro technique could transform your revision.
  - i. 25 minutes study.
  - ii. 5 minute break.
  - iii. Repeat 3–4 times.



# Mind Maps

- Supports organisation.
- Better memory and recall. [Scientific studies](#) suggest a 10%-15% increase in retention when using mind maps.
- Better creativity.
- Better connections between concepts.

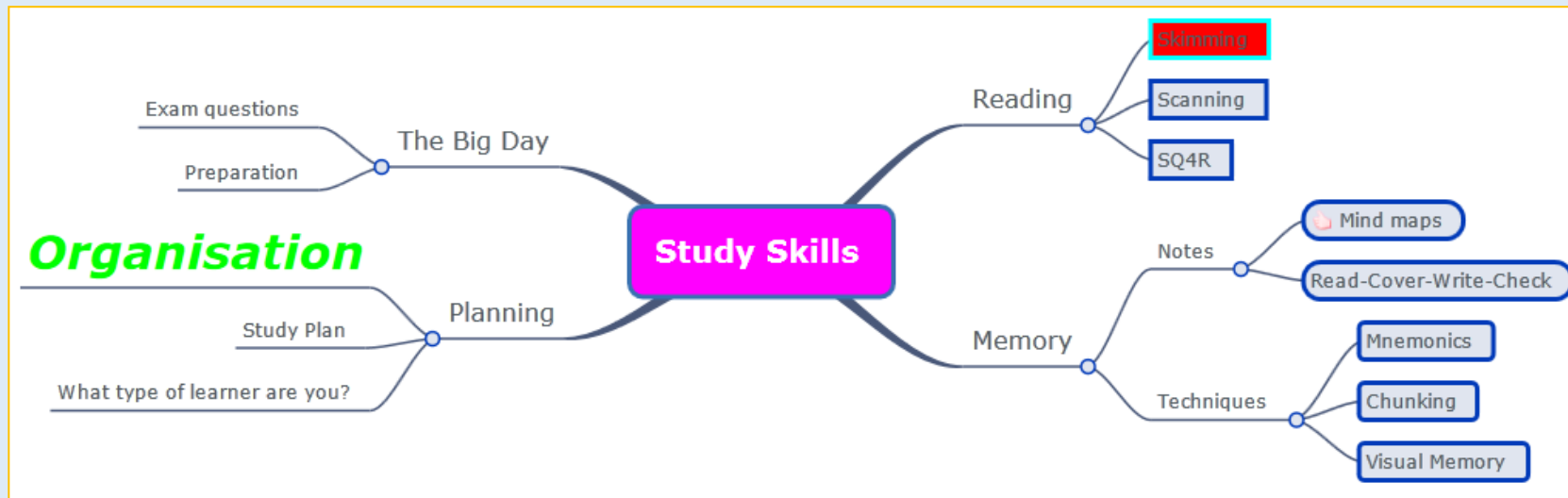


# Mind Maps

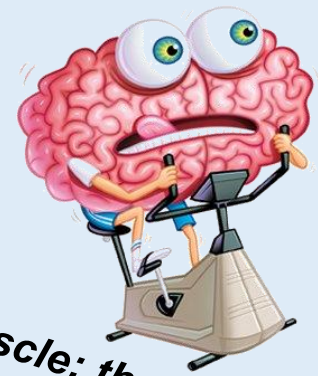
A mind map is like a spider diagram but with more detail.

Good mind maps shows:

- ✓ Clear links between related information.
- ✓ Pictures and diagrams.
- ✓ 5 key facts branching from a central topic.
- ✓ Different coloured branches.
- ✓ Words on a line same length as the word.



# Improving your memory - Mnemonics



*“The memory is like a muscle: the more it is used, the better it gets!”*

Try making up your own mnemonics to remember information for your subjects:

- Use the first letter of a series of words to create another word or short sentence.
- If you make it silly, you will remember it!!!
- It may also help to link the letters to things you know e.g. people, places, addresses.

*Here are a few examples:*

COMPASS POINTS

Never Eat Shredded Wheat



GLACIAL EROSION FEATURES

CHAP RUT:

Corrie

Ribbon lake

Hanging valley

U shaped valley



Arete

Truncated spurs

Pyramidal peak

TRIGONOMETRY FUNCTIONS

Sarah Ate Callum's Toes



You may also know this as the CAST diagram, but if you make up a silly version about your friends it's much easier to remember!

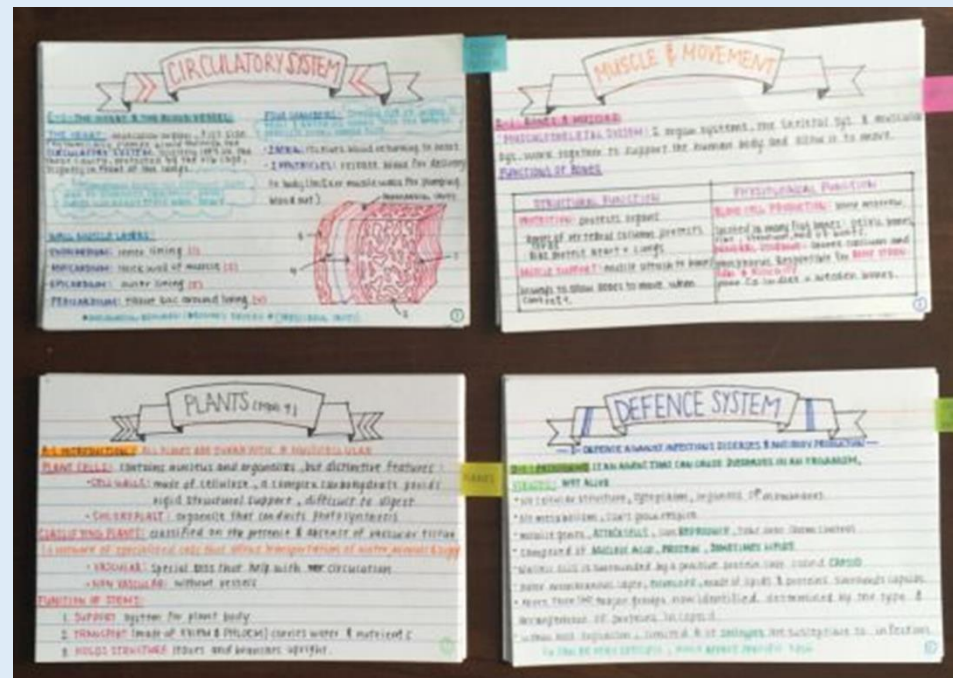
# Flash cards



On one side of your flash card write a question or statement.



On the other side write the answer or accompanying information.



# Reading Tips

Lots of the information you require to pass assessments comes from books, online texts or your own class notes.

Therefore reading skills are vital to successful assessment revision.

Use the tips below to help you when revising and when reading exam questions!

<b>BEFORE</b>	<b>DURING</b>	<b>AFTER</b>
<ul style="list-style-type: none"><li>• Identify the purpose of your reading:<ul style="list-style-type: none"><li>• <i>For pleasure</i></li><li>• <i>Fact finding</i></li><li>• <i>For understanding</i></li></ul></li><li>• Highlight key words in one paragraph to obtain an overview of the whole passage</li></ul>	<ul style="list-style-type: none"><li>• Focus on <u>HEADINGS</u> and <b>emboldened</b> words</li><li>• <u>Underline</u> key ideas, names and words</li><li>• Look up any words you don't understand</li></ul>	<ul style="list-style-type: none"><li>• Read-Cover-Recall<ul style="list-style-type: none"><li>• <i>Check what you understood by hiding the text and recalling the information you remember</i></li></ul></li><li>• Read-Cover-Record-Check<ul style="list-style-type: none"><li>• <i>Memorise facts by reading, covering, recording (on voice recorder or written note) and then checking against original text</i></li></ul></li></ul>

# Revision notes



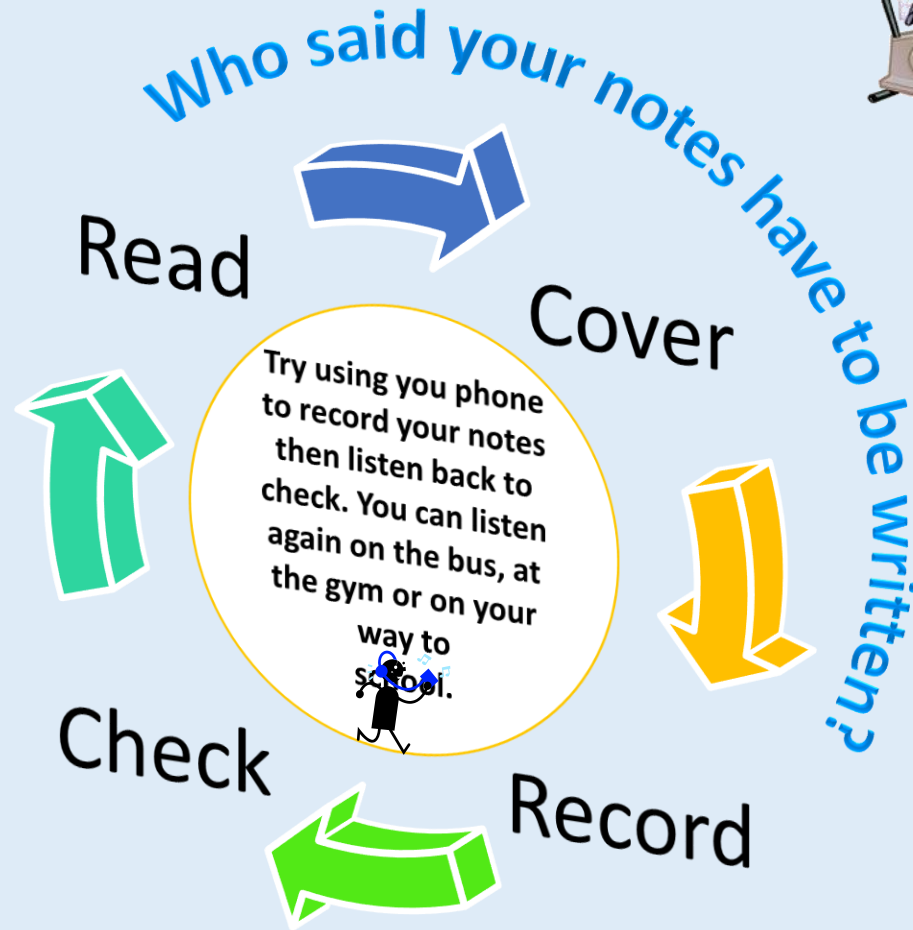
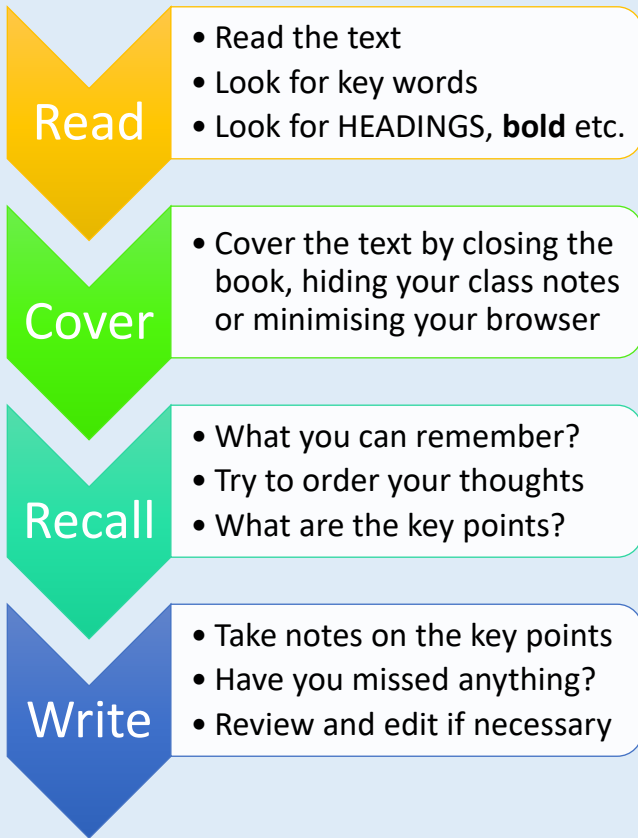
□ Bullet points and abbreviations (**abbr.**) will help to minimise reading and writing time

A different colour of pen for each topic will help you visualise the topic

Drawing boxes around any **key words** will make them stand out

Underlining or **highlighting** key words will deepen your understanding

# Revision notes



# Effective Revision Habits

- ✓ Practise what you know.
- ✓ Test yourself regularly.
- ✓ Use past paper questions.
- ✓ Study in short, focused blocks.
- ✓ Space your revision over time.
- ✓ Identify and focus on weak areas.
- ✓ Avoid simply re-reading notes.



# HOW TO STUDY MORE EFFECTIVELY

– *Young Hustlers* –



**FINISH THE HARDEST  
TASK FIRST**



**WRITE DOWN  
YOUR PLAN**



**TAKE A BREAK  
EVERY 45MINS.**



**GET RID OF  
DISTRACTIONS**



**WAKE UP  
EARLY**



**REWARD  
YOURSELF**