



# STUDY *Maximize your* SKILLS *Learning Potential,* *Make Studying Count*



Learn by seeing

Best understand words that evoke images

Respond well to demonstrations

Enjoy visually pleasing presentations



Learn by listening and verbalising

Listen for keywords and phrases

Respond well when things are explained aloud

Think in a linear fashion



Learn by reading and writing

Best understand explanations on paper/ screen

Organize thoughts and makes lists

Translate lessons into words

Learn through doing and trial and error

Prefer hands on approaches

Use multiple senses to engage with material

Enjoy solving real life problems





# BEST FOR EACH STUDY TYPE OF PRACTICES LEARNER



*Visual*

Use maps, charts, graphs and diagrams

Use videos and presentations

Make and use flashcards

Focus on titles when reading

Highlight and underline

Take notes (many and detailed)

Reword the notes in different ways of saying the same thing

Create and use bulleted lists

Translate diagrams or charts into a verbal or written summary

Write questions based on the material and answers those questions

Listen to google meets later

Read material aloud

Record yourself reading notes and replay it later

Explain concepts aloud in your own words

Use word associations or mnemonic devices to help remember

Make and use flashcards

Study with others and exchange ideas

Study in short blocks

Use examples when making notes

Draw icons to help you remember concepts

*Auditory*

*Read & Write*



*Kinesthetic*





# ATTENDING *With Purpose* CLASS



Treating every class like an appointment that cannot be missed is part of being a self-directed learner

Your time is valuable and every period in school is an opportunity to learn. Just showing up does not guarantee you will learn anything. What you do in the classroom makes all the difference.



## Learn through story

Your teacher shares examples, stories and real-life applications of concepts that will make information easier to understand and remember.



## Do you have a study zone?

In class discussions allow you to understand different perspectives and different ways of understanding concepts. Your peers will benefit from your in-class contributions. Test yourself by teaching concepts to others.



## Revise notes from your last lesson

Google classroom can help with this. Look ahead to content which will be covered in your next lesson. Complete all related reading. This primes your brain to be ready to make connections in class. This can stop class from quickly becoming confusing.



## Listen actively

Ask questions and take effective notes. When we do not do anything with information in the moment we tell the brain it is not important. Different note taking approaches can suit different subject areas.



## Interrupt the forgetting

Create a brief written summary of the class. You can complete this individually. You can also discuss the learning with a peer. This is a great way to check for consensus on what is important.



## Be proactive

Let your teacher know you will miss class so they can help you catch up on any work missed. Borrow notes from a trusted peer who takes effective notes. Meet your teacher at a break or lunch time. Supported study can help with gaps in learning.





# TIME *Tips for Planning* MANAGEMENT *Ahead*



**Use or create a study planner**

It is never too late to plan, however start this process early. This will reduce stress. The brain can only hold a certain number of individual pieces of information in the conscious mind at one time. Free up mental bandwidth. You can use a physical calendar or an electronic calendar.



**Set virtual alerts**

Use phone alerts. Write down every assignment due and test deadlines. Make sequential to do lists.



**Find multiple times throughout the week to study**

Trying to pack all your studying into one or two chunks of time is not effective. Most learners become fatigued within two hours. Creating opportunities for spaced work leads to durable learning, improved memory and better performance.



**Assign specific tasks for each time week by week**

Work back from your assessment due date. Assign incremental tasks. Can your planning enable you to submit extra drafts to your teacher. This will in turn enable you to receive extra feedback.



**Need help creating a Study plan?**

Do you know what you should revise for each subject? Unsure what concepts should receive more attention? Revisit your study plan with your pupil support teacher regularly to make sure it is still working for you.



# MANAGING YOUR LEARNING ENVIRONMENT

## *Inside and Outside the Classroom*

*What activities do you associate with each learning environment?*

The physical classroom, the virtual classroom and the place at home where you study and complete home learning

Here is the challenge. Many other activities are done at home. The list is endless: Watching tv, spending time on your phone, playing your computer, practicing guitar, spending time with family and friends, sleeping and eating.

The more we do those activities the more the brain associates those activities with that environment. Maximise attention, reduce distractions and try and be as productive as possible.

*Study area*

Do you have a study zone? Designate one space for learning

Where do you study at home. What does the space look like? Make it comfortable but not too comfortable. Speak to your Pupil support teacher if you do not have a quiet space to study. At home create one space you use as a learning space. Try and not use that space for other activities if you can to minimize cues for other activities .

*Minimise Distractors*

Do you put studying off?

Pay attention to your self-talk. Do you bargain with yourself? I will start in 30 minutes. Is your phone by your side. When are you most focused and when is the best time to study.

*Social Study*

Study with a friend. This can be a good or bad support. Your study group can keep you on track and motivate each other. You can look at focusing on different aspects of a subject before sharing your findings.

*Multitasking*

"The Myth of Multitasking." Have you ever tried to have a conversation with someone while texting? If noise is helpful create your study soundtrack. Some learners can get into the zone with the "right" noise. Find music that your brain will associate with learning. The can set the learning tone.

*Take Breaks*

Budget your breaks in terms of frequency and duration separately. Continue to enjoy hobbies. Make sure you create free time to study



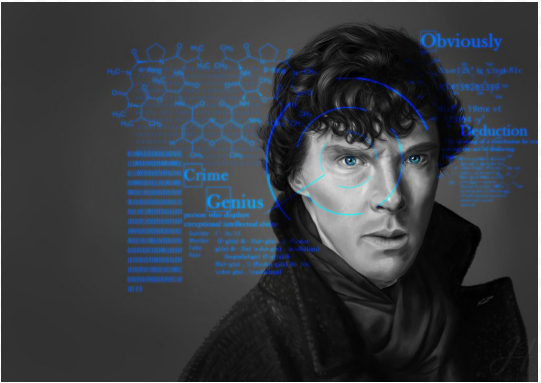


# SELF- *Study Cards,* TESTING *Memory Palace* APPROACH *and Mind-mapping*

*Organise your thoughts through connections*

A visual representation of a concept or process. Brainstorm without worrying about the final picture

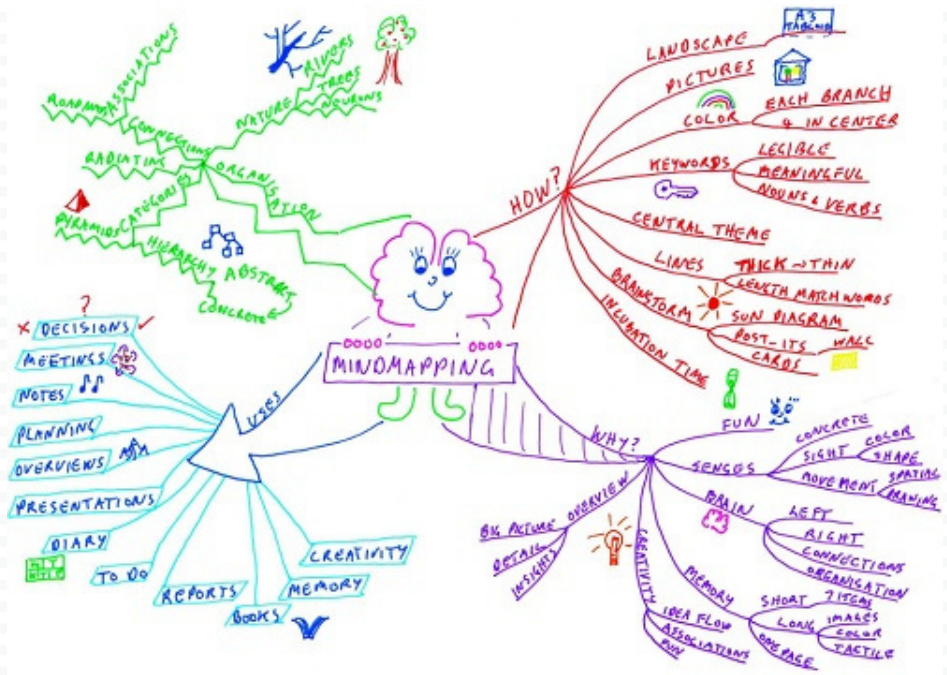
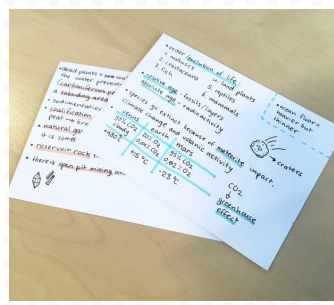
Each approach enables you to see how much you can remember without notes or other materials. You can make connections between facts, ideas and concepts. You can see gaps in memory or understanding. This can help you get past the blank page.



## The Illusion of Knowing

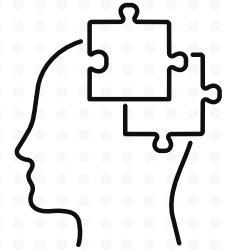
"Yes I know this topic." Use self-testing strategies to improve recall. Organize your ideas, make it fun so it does not feel like a chore. Use a colour coded system. Chunk ideas into sub groups. Visualise your bedroom or another room in your house. Associate connected information in topic to physical objects that you will remember. This is a technique that you need to practice to improve over time.

This is your learning and only needs to make sense to you. It does not need to be a polished product. Lines can show connections. Vary your lines by thickness and colour. You can use arrows and solid versus dotted. Use colours, symbols and images that will trigger memory and understanding.





# TAKING *Effective Notes*



*Your own personalised resource*

Why take notes? Make note taking a meaningful part of your learning efforts

We learn through receiving information, participating in discussions, and making connections between new information and what we have previously learned, experienced and understood. Trying to "keep it in your head" is ineffective. Note taking can help you keep a record of thoughts and connections that pop into your head during a lesson. These thoughts would fade away otherwise.

*Not just a classroom activity*

Maximise your learning potential with the Cornell note taking method

Take notes while reading, watching an assigned video, the teachers real-life scenario explanation. Does a peer make an interesting point?

Cornell Notes		Name
• Main Idea	• Key words & ideas	Date
• Key	• Important dates/people/places	Class
• Question (after notes are completed)	• Repeated/Stressed Info	Period
	• Ideas/brainstorming written on board / overhead projector	
	• Info from textbook/stories	
	• Diagrams & Pictures	
	• Formulas	
Summary of your notes in your own words		

*Active note taking*

There are multiple ways to take notes. Different subjects will require a different approach

Note taking is a habit, so using a different approach for at least three weeks is needed for it to become the new normal. Taking notes in problem solving subjects, capture the sample problems with verbal explanations of each step.

*Using your notes effectively*

Review the notes within 24 hours. Fill in the blanks of what you missed. Avoid rewriting your notes, rather test your understanding.

Add other ideas that come to mind. Compare your notes with a peer. This can also help you fill in the blanks. Your notes need to be clear as they will form the content for you self-testing approach.





# STUDY *Pitfalls To* HABITS *Avoid*

*Taking notes  
on everything*

## Are you taking active notes

Not everything you cover in class is equally important. Actively listen when taking notes. What information is important and highlighted by your teacher.

*Highlighting  
overkill*

## Do not highlight all information

If you highlight everything it is like you have highlighted nothing. If everything is emphasized nothing stands out.

*Rewriting for  
the sake of  
rewriting*

## Translate concepts into your own words

Rewriting notes can be helpful but only if you translate them into your own words. This helps you understand it and explain it.

*Rereading in the  
belief that more  
will sink in*

## Make sure you actively read

Rereading an entire page is just repetition. Repetition can be an excellent thing to do. Reading over notes is a shallow way of learning content.

*Relying on  
One learning  
Style*

## Limiting learning approaches and memory tools

In order to learn effectively you may need to use a variety of different learning styles.

*Are your  
Habits  
working for  
you?*

## Not reflecting on your study success

Do you know the meaning behind concepts. Have you tried to create a memory palace. You can improve on past success. Would improving time management be helpful?

*Cramming  
for exams*

## This prevents making active connections

Spaced practice is key. The brain can only hand onto a small number of facts at any one time.