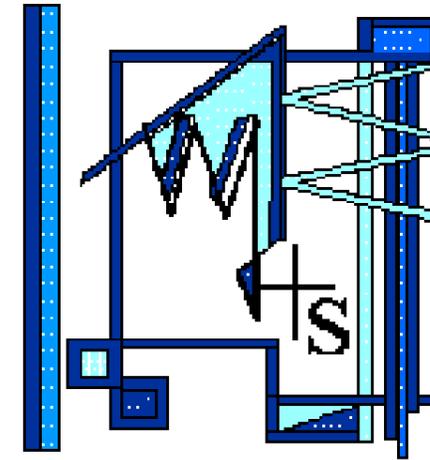


Woodfarm High School



BGE **Study Skills**

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Further reading

Buzan's Study Skills: Mind Maps, Memory Techniques, Speed Reading and More! (Mind Set)

ISBN-10: 9781406664898

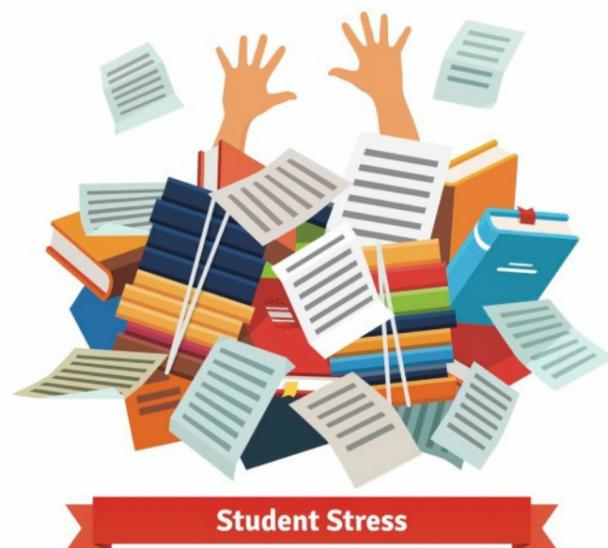
ISBN-13: 978-1406664898

Support for pupils

There is a wealth of support available to pupils which can be found on the school website. Pupils are encouraged to talk to their class teachers about their progress and to seek help if and when they need it. Teachers are very accessible in school and are always happy to help with problem homework exercises or to clarify classwork.

Worrying about exams and tests is normal, but if it feels like the stress is becoming difficult to manage remember our staff are here to help. You may also find online resources useful.

(proposal: see HWB section of school website for coping with stress)



Introduction

As our students move through the BGE, it is important that they develop the necessary skills for learning which will allow them to face the challenges of this phase in their learning journey and beyond. In Woodfarm High school we endeavour to embed the necessary skills for learning for life, to give our learners every opportunity for success.

Aims

- To assist pupils, parents and carers with the strategies for learning.
- To identify the best thinking and learning skills to suit each pupil
- To develop a set of study skills and techniques that will assist pupils in all aspects of their learning journey. Home, school and beyond.
- To promote the support strategies available to all learners in Woodfarm High School.
- To offer advice to parents and carers on how to support pupil study at home.



WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

#ADDRESS YOUR STRESS

Where's my mental health today?

How do I feel today?

Mentally?

Physically?

Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?

How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

Check out getselfhelp.co.uk or moodgym.com.au for free resources on spotting and challenging unhelpful thoughts

My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your stress container here: mhfaengland.org/mhfa-centre/campaigns/mhaw2018

There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

Woodfarm: The school that PREPARES you for life

Thinking and Learning Styles

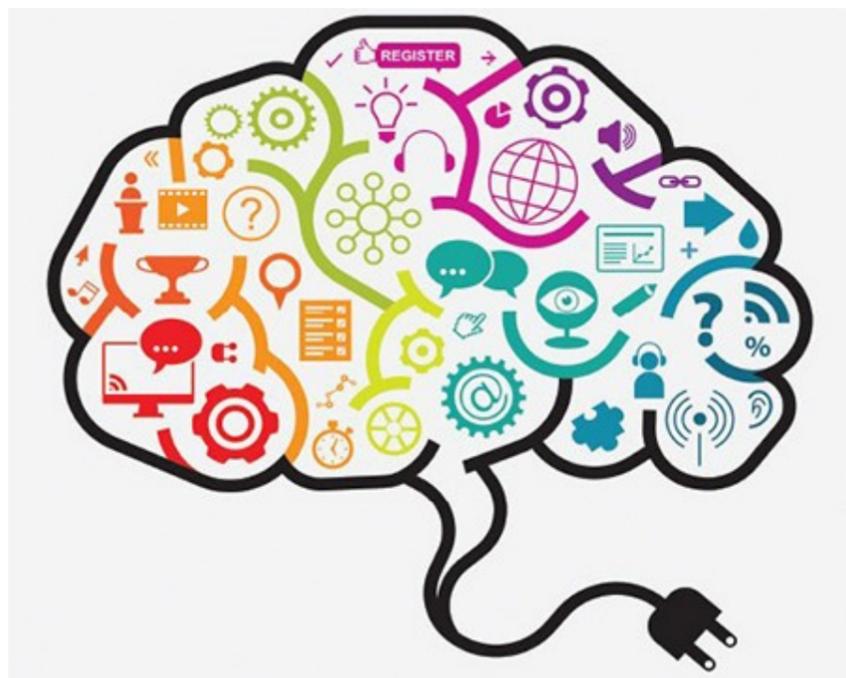
There is no 'one size fits all' approach to learning. All pupils are unique, and as such learning needs will differ from one person to the next. The key is to identify the best approaches for you.

The main learning styles are as follows:

- Auditory – learning through listening
- Visual – learning by reading
- Kinaesthetic/Active – learning by doing

Pupils may respond well to a mixture of styles, but may favour one or two approaches over the rest.

All learners should engage in active learning as a highly effective method of consolidating their learning.



Revision Tips from faculties.

Our nine faculty areas have provided subject specific revision tips for subjects along with helpful online resources. These can be found on our school website in the BGE study skills section.

Business Information and Technology		Maths	
https://play.typeracer.com/ http://www.teach-ict.com/gcse_new/gcse_ict_quizzes.htm https://codepen.io/ https://www.w3schools.com/		https://www.twig-world.com/ https://www.youtube.com/user/mathantics http://www.bbc.co.uk/education/subjects/zfcqn39 https://www.bbc.com/bitesize/subjects/z6vg9j6	
Design and Technology		Modern Languages	
Art and Design	https://www.designclass.co.uk/ https://pinterest.co.uk https://thisiscolossal.com	www.linguascope.com (user: woodfarm pass: langs2019) https://www.duolingo.com/ https://www.bbc.com/bitesize	
Technical	https://www.sketch-a-day.com/ https://www.designclass.co.uk/		
English and Literacy		Performing Arts	
BBC Bitesize: Level 2 https://www.bbc.com/bitesize/subjects/z7mtsbk Level 3 https://www.bbc.com/bitesize/subjects/zbdxvcw Level 4 https://www.bbc.com/bitesize/levels/zvk2fg8 Literacy Planet: https://app.literacyplanet.com/login British Skills Council for Teens: http://learnenglishteens.britishcouncil.org/skills TED Talks https://www.ted.com/playlists/86/talks_to_watch_with_kids		Drama	https://www.youtube.com Look for clips of professional actors discussing their practice. Watch clips of live theatre productions, improvisations and themes explored in the BGE.
		Music	www.mymusiconline.co.uk www.sfskids.org www.musictheory.net
Health and Wellbeing		Science	
Home Economics	https://www.youtube.com look for cookery programmes and demonstrations of dishes similar to ones prepared in school	Google classroom https://www.bbc.com/bitesize	
PE	https://www.youtube.com Look for clips of professional sports you are learning in the curriculum e.g. men's volleyball (Brazilian final)	Social Subjects	
		https://www.youtube.com look for clips/documentaries relating to topics explored in the BGE news sites such as https://www.bbc.co.uk/news https://www.google.co.uk/intl/en_uk/earth/ www.nationalgeographic.com	

Digital Learning

There is a range of digital learning strategies used in Woodfarm High School; here are some of the key ones:

GLOW

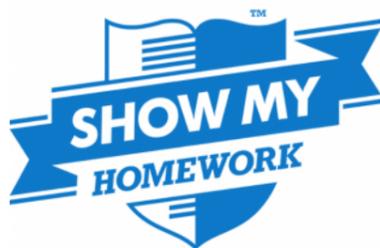


Education Scotland's website 'Glow' is the world's first national online community for education. A link to the log-in page can be found on the 'quick links' section of the school website. This website gives

information about games-based learning and how pupils can log in to access the huge bank of resources available for 3 to 18 year-olds.

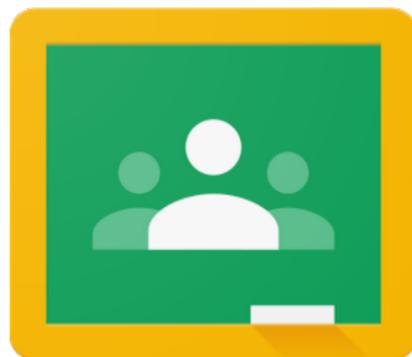
Pupils who have forgotten or misplaced their log-in details can speak to any teacher who will request replacements for them.

SHOW MY HOMEWORK



All Woodfarm High School pupils, and their parents/carers have access to Show My Homework. This digital platform allows pupils to access their homework digitally, including any additional resources they may need to complete the task. Show My Homework also allows pupils to organise their homework schedule, and provides notifications on mobile devices to remind them when homework is due.

GOOGLE CLASSROOM



Google classroom is a popular platform where teaching materials are uploaded by the class teacher to a password-protected site; this allows learners to engage with classroom materials and resources outside of school. This is particularly effective in the event of absences or adverse weather.

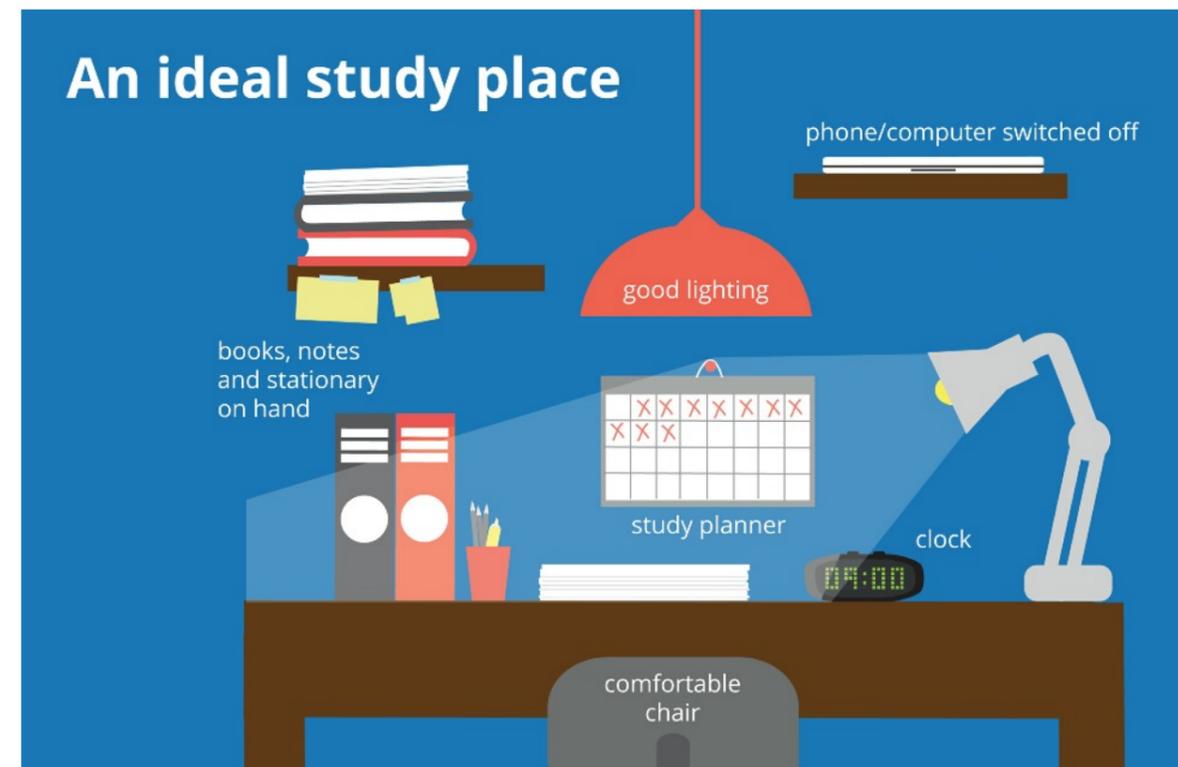
Preparation

The most effective learners always plan and prepare for study.

Follow this guide to get the best and most productive study routine:

The study environment

- Make sure the study environment is well organised, with everything required is close at hand.
- Aim for a quiet study area that is spacious and well ventilated.
- Ensure that there are no interruptions during the study sessions, no access to distractions such as mobile phones or social media. These can be factored into scheduled breaks.



Set learning goals that are **SMART**

- S** Specific
- M** Measurable
- A** Achievable
- R** Realistic (within a reasonable)
- T** Timescale

Planning Your Study Activities

Study Planner

As pupils progress through the BGE it will become increasingly important to enhance their organisational skills for studying. By embedding routines for effective studying early in the BGE, our learners should have the toolkit for success that should help them smoothly transition into the senior phase.

Creating a study planner is a highly effective way of organising study time, and balancing this with other activities outside of school.

Download the study planner from the school website (add planner proforma to school website)

You could customise the planner appearance to make it more visually appealing, enlarge it, add colour, make more than one copy, one for the study area and another in a public space in the home (kitchen pin board/on the fridge etc. somewhere where it can be seen by others, and serves as a constant reminder of how time should be spent.)

Be sure to schedule in homework, revision and leisure time.

Here is an example of a study planner:

In this example you can see how some of the time has been allocated with days still to be completed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4-4.30 Study Break Relax	4-4.30 Study Break Relax	4-4.30 Study Break Relax	4-4.30 Study Break Relax	4-4.30 Study Break Relax	9am-1pm Study Break Cricket	
4.30-5.30 Maths Number examples (do 20 examples)					1-2pm Study Break Lunch	
5.30-7.30 Study Break Dinner and 'Shortland Street'					2-3pm Maths Do three exercises on algebra	
7.30-8.30 Social Studies Revise politics, make flashcards					3-3.30pm Study Break TV	
8.30-8.50 Study Break Facebook					3.30-5.30pm Science Revise biology make mind map	
8.50-9.30 English Write a practice essay					5.30-> Study Break Dinner and out with friends	

Study cards

Question and answer sessions

Students should write their own questions and answers study cards and they can be used to quiz pupils on the topic chosen. Students can complete this on their own or parents/carers can test them.

Jeopardy/Vice Versa/Flip style quiz

Ask pupils to write key words and their definitions on study cards, use them as quiz cards, either by reading out the definition and asking the pupil to identify the key word or vice versa

Memory Games

Ask pupils to create a revision poster about a key area. If available, encourage them to use Learning Outcomes to inform them of what they need to include.

Choose one of two options to quiz them:

1. Allow the pupil to look at the poster for 1 minute. Take away the poster and ask the pupil five questions about the content or use Learning Outcomes as quiz questions.
2. Read all of the information aloud to the pupil. Then read it again. Ask the pupil five questions about the content or use Learning Outcomes as quiz questions

Homework

Homework reinforces and consolidates learning. It is also a useful assessment tool for class teachers. Homework gives pupils the opportunity to:

- Reflect on class work
- Consolidates learning started in the classroom.
- Carry out further research to provide breadth and depth to learning.
- Practice skills and techniques taught.
- Practice for tests and prepare for assessments.

Study Cards – an effective technique that summarises key pieces of information to commit learning to memory. Study cards can be used alone or with others.



Using notes effectively

Students will often read over their own notes, however this is not a particularly effective way of committing learning to memory. It is good practice to rewrite class notes shortly after lessons to consolidate what has been learned.

Effective use of notes include:

- Highlight key terms and write definitions on study cards
- Rewriting and summarising notes focusing on key points. Make notes visually appealing and easy to read back at a later date.
- Use diagrams and pictures associated with the topic to make quick visual associations.
- Group key words together to make links in learning
- Use prompts such as mnemonics, rhymes, acronyms, mind maps etc.
- Use the 'look/write/cover/check/process for testing recall of knowledge

How to help with studying.

Parents and carers often wish to help with studying. Encourage your child to get into a regular routine for study, so that good habits are established early, this will benefit them throughout the BGE and aid their transition into the Senior Phase. Here are some useful strategies to help learners test their knowledge and understanding. More strategies and techniques can be found in the study skills section of the school website.

Study Techniques

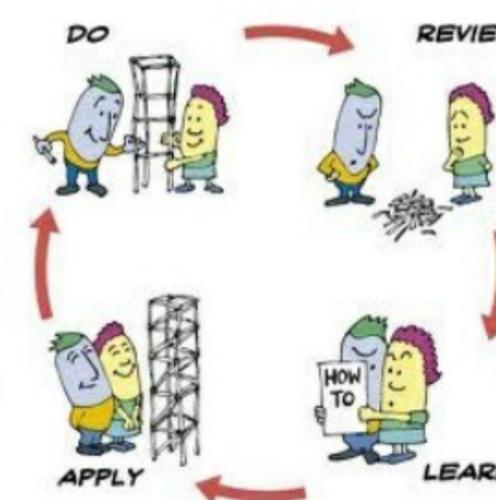
(propose study skills evenings for parents — pupils demonstrating could be part of the learning festival)

Proposal The study skills evening aims to equip parents and carers with the most common and effective strategies used by learners to achieve success.

Understand , Condense, Memorise, Review

What is Active Learning?

- Active Learning happens when students are given time to work with the topic by interacting, games, activity, drawings, making maps
- Students are no longer mere receivers of information but they work and understand to generate knowledge.
- The role of the teacher shifts to being a facilitator.



Studies have shown that we forget what much of what we learned within just 24 hours. This means that it is important to reinforce learning within the class with regular review and revision. The more we practice revision and review the more likely it will be committed to long-term memory, this in turn makes it easier to recall and apply knowledge.

There are 4 easy steps to studying, here's how.

Understand

Take the time to really think about what you are trying to learn. Do you understand the material, if you don't then seek support from your teacher. If you don't understand what you are trying to learn you will find it difficult to study.

Condense

Once you understand what you are trying to learn it needs to be broken down into smaller more manageable chunks, this will make it easier to recall later. Do this by colour coding notes, using mind maps, study cards and organise key information. You are trying to edit the information down into its most important points.

Memorise

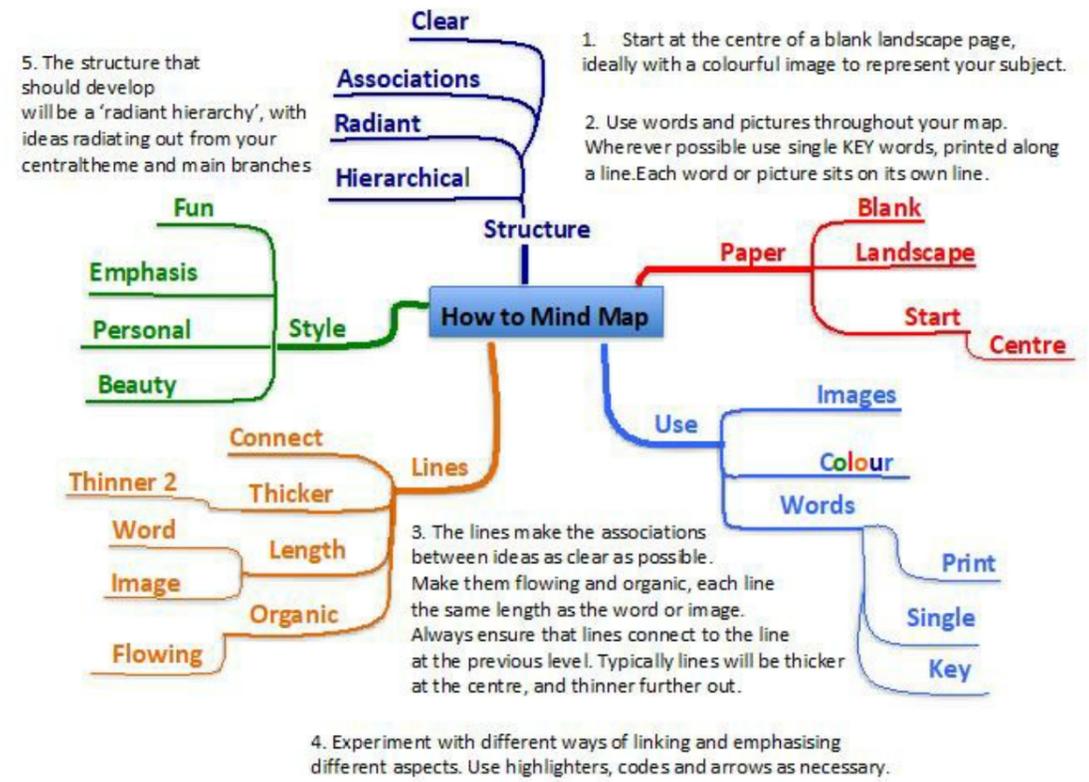
In order to recall information you should make the activity an active learning process, this will make it easier to remember. Use mnemonics, word associations, pictures, symbols, rhymes, songs or act it out to help you remember the area you are trying to study.

Review

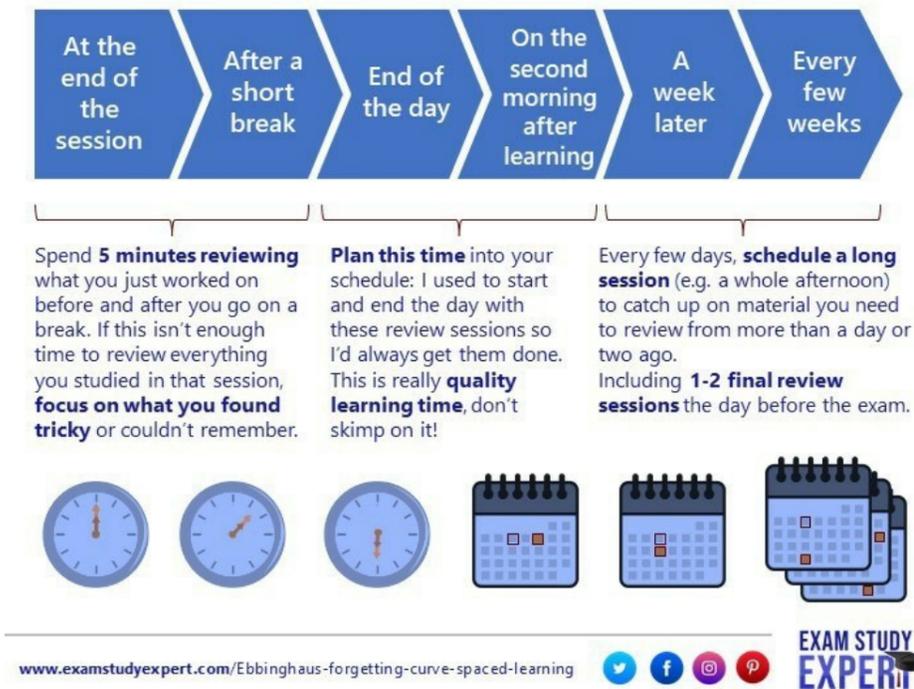
To transfer knowledge to long-term memory it is important that work is reviewed regularly throughout the year. This can be achieved with a technique known as spaced repetition. Study a specific topic/course then a few days later repeat, then repeat again after a week, and so on.

Online resources are great for helping you test your knowledge and understanding. Great sites/apps include: BBC Bitesize, Sumdog, Linguascope etc.

Mind Maps – a technique introduced by Tony Buzan to organise large pieces of information or units of work. This technique adds structure to the information and allows learners to forge links between key pieces of information in order to remember them.

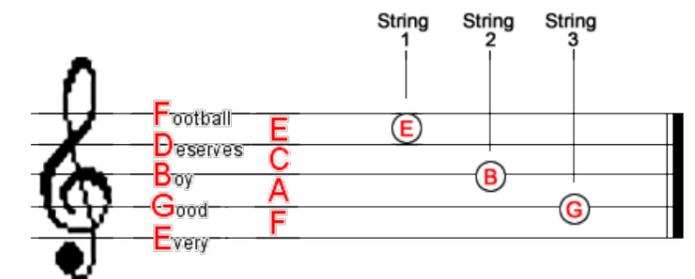
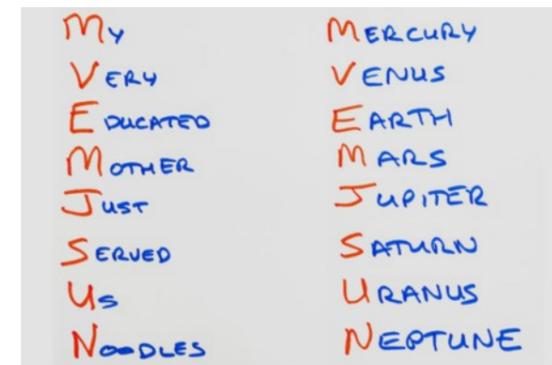


HOW TO DO SPACED REPETITION



Mnemonics

Mnemonics are an effective study and recall technique; this method is particularly effective for information that has to be remembered as a list, specific facts or steps in a procedure. Mnemonics are memory techniques that help your brain to establish simple shortcuts that help you encode and recall information. The mnemonic devices are usually images, words or phrases. Mnemonic devices use association and cues to recall information. You associate the item you want to remember with something else such as an image, word or phrase. You then use that image, word or phrase as a retrieval cue for the item you wish to remember.



Apply your knowledge

Testing yourself on what you have learned is a great way of checking your progress. Use online resources such as BBC Bitesize, Linguascope and Sumdog for this.