

Study Skills

Welcome to
Bellahouston Academy's
Study Skills workshop
Session 2023/24



Programme

- Welcome
- S6 pupils share experiences
- Examples of study skills
- Study Skills Quiz
- Time Management & Planning
- Stress Management Resources
- Questions and Close
- Evaluation





Welcome

Mrs Galloway

DHT

S6 experiences

George Willis
(School Captain)

Damilola
Ayodele Raji
(House Captain)



Study Skills

Miss Notman

PT Raising
Attainment



Learning Strategies



Study Skills

- Can be practiced
- Can be improved
- Help you learn effectively
- Help to decrease stress
- Improve performance in assessments.

Examples of Study Skills

- Highlighting
 - Mind maps
 - Post-its
 - Flashcards
- Key ring notes
 - Test yourself
 - Times Questions
 - Pro/Con Diagrams

What is retrieval practice?

- Pupils recall information that they have previously learned with **little or no support.**
- The idea is that every time the information is retrieved, it changes the original memory to make it stronger.
- **The retrieval process cements the information in the long term memory, which should enable the information to become easier to recall in the future.**

Brain Dump

Write down anything you can remember about *The Middle Passage*






Prompt 1
Conditions on the Middle Passage

Prompt 2
Resistance on the Middle Passage

Prompt 3
Punishments on the Middle Passage.

Dual Coding Retrieval

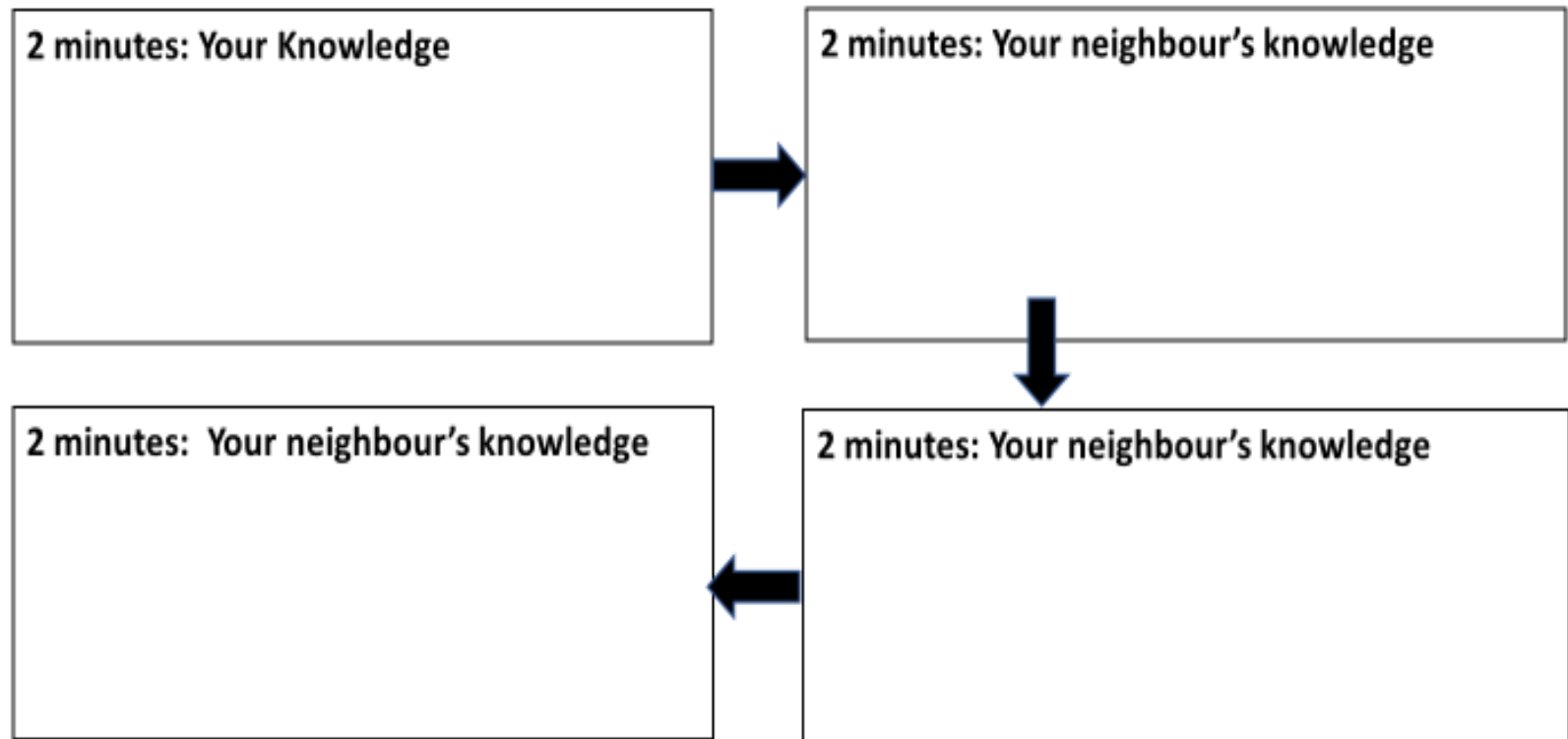
Use the images to help you retrieve the main points

Image					
What is this image representing?					

Retrieval Relay

Work as a team to recall as much knowledge as possible. Remember, no content can be repeated!

How did the Liberals help the young?



Learning styles, Time Management & Planning

Mrs Nizam

FH Mathematics





Study Skills Quiz

Learning Styles



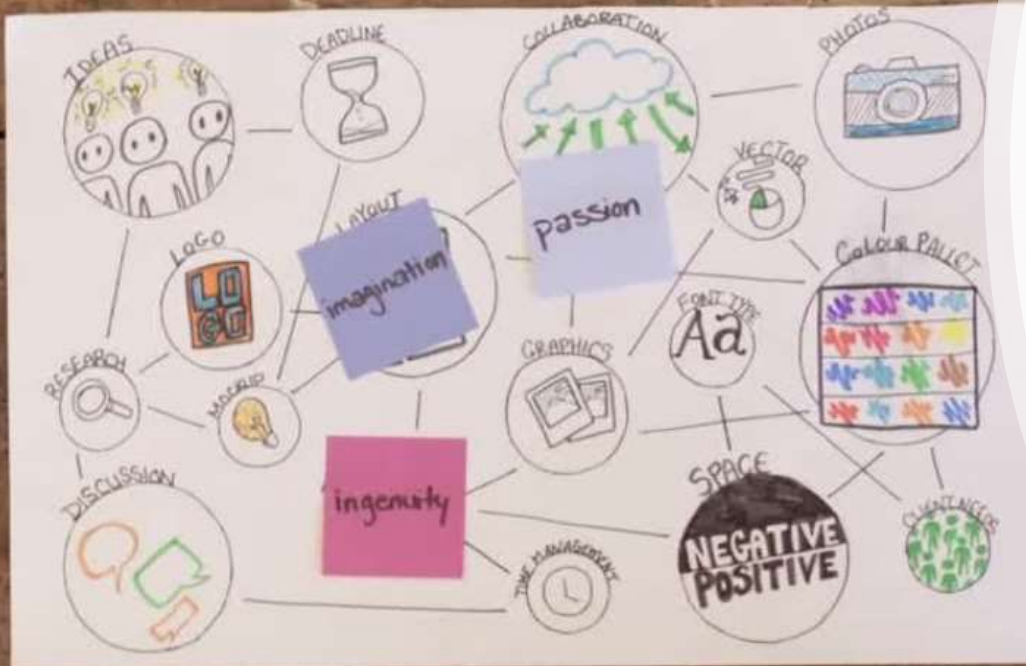
What
of learn

we
for yo

<https://vark-learn.com/>

Visual

- Pictures
- Graphs
- Charts
- Diagrams
- Symbols
- Arrows



Auditory



Listening to spoken
information.



Group discussions



Reading aloud

Reading & Writing

- Written information on worksheets/presentations.
- Note-takers
- Reference written text.

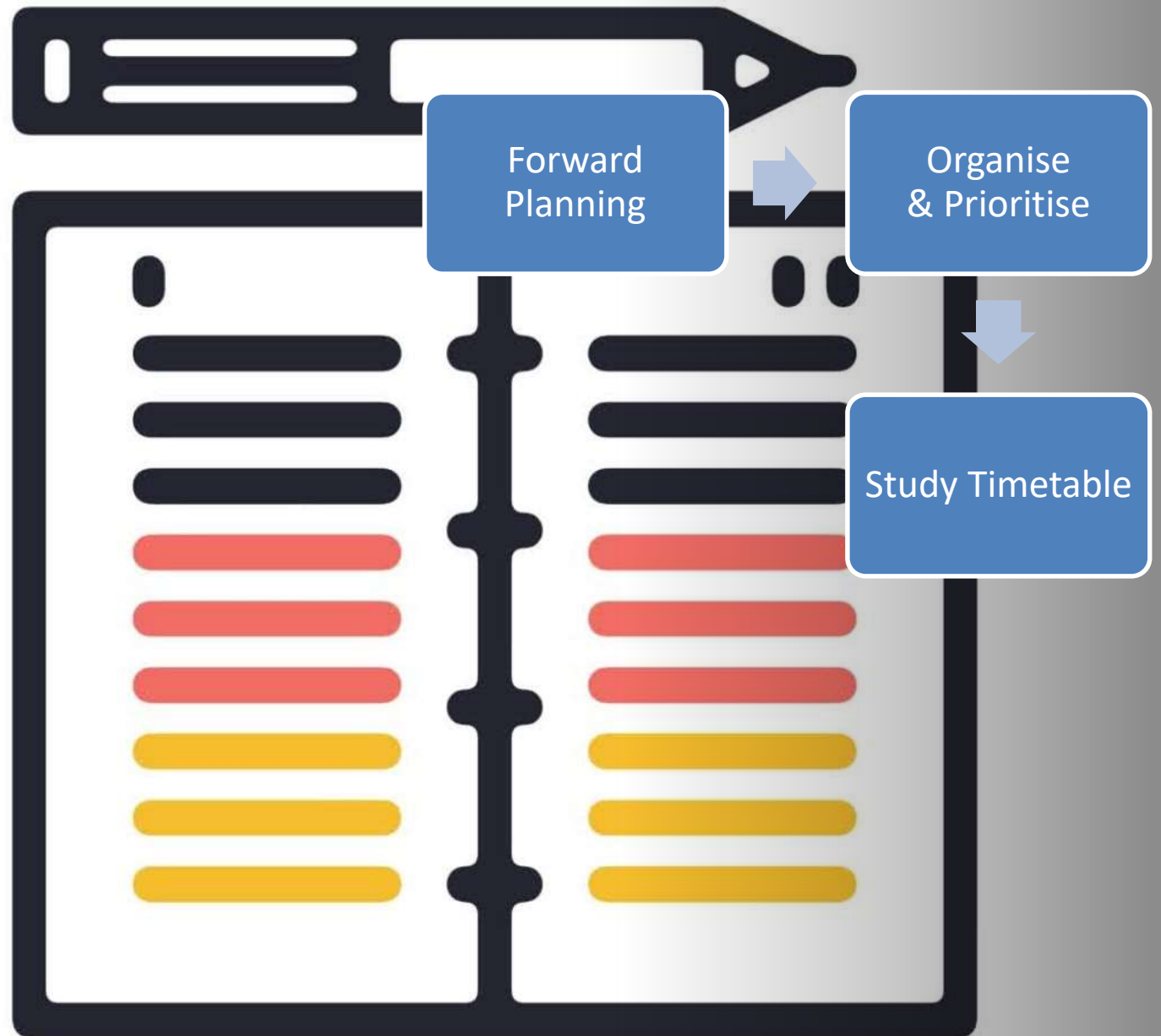




Kinesthetic Learning Style

- Hands on
- Physically active





	MON	TUE	WED	THU	FRI	SAT	SUN
	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	10AM - 12PM REVISE SUBJECT 1	REST!
BREAK!	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	12:45AM - 2:45PM REVISE SUBJECT 2	REST!
BREAK!	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3	REST!
BREAK!	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	GO HAVE FUN	REST!

Number of hours you can study

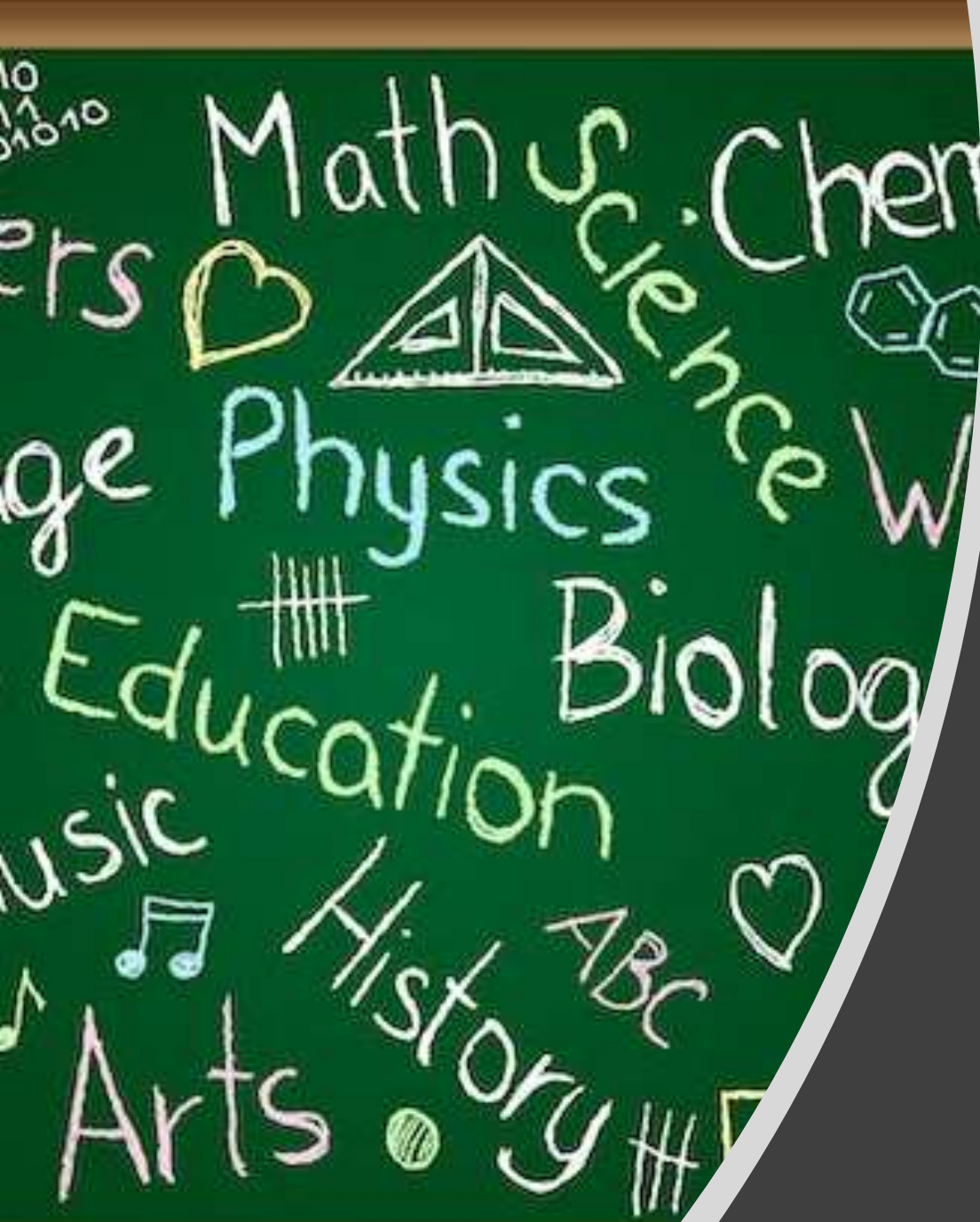
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Hours	2	2	1	3	0	3	0	11

Divide between subjects

Subject	Hours
e.g. Higher Math	3
National 5 Modern Studies	3
Higher Biology	3
Higher English	2

Divide & Conquer

w/c	Target	Completed	w/c	Target	Completed
12/3	Straight Line + Functions and Graphs		9/4	Vectors + Further Calculus	
19/3	Recurrence relations + Differentiation		16/4	Exp + Log Functions + Wave Function	
26/3	Polynomials + Quadratics		23/4	Mixed Past Papers	
2/4	Integration + Addition Formulae		30/4	Mixed Past Papers	



Obtain subject specific information from your class teachers.



Complete your own plan



Final 5!!!





**1. Eat
healthily
&
get enough
sleep**

2



Study



Treat



Repeat

3. Switch off Distractions!



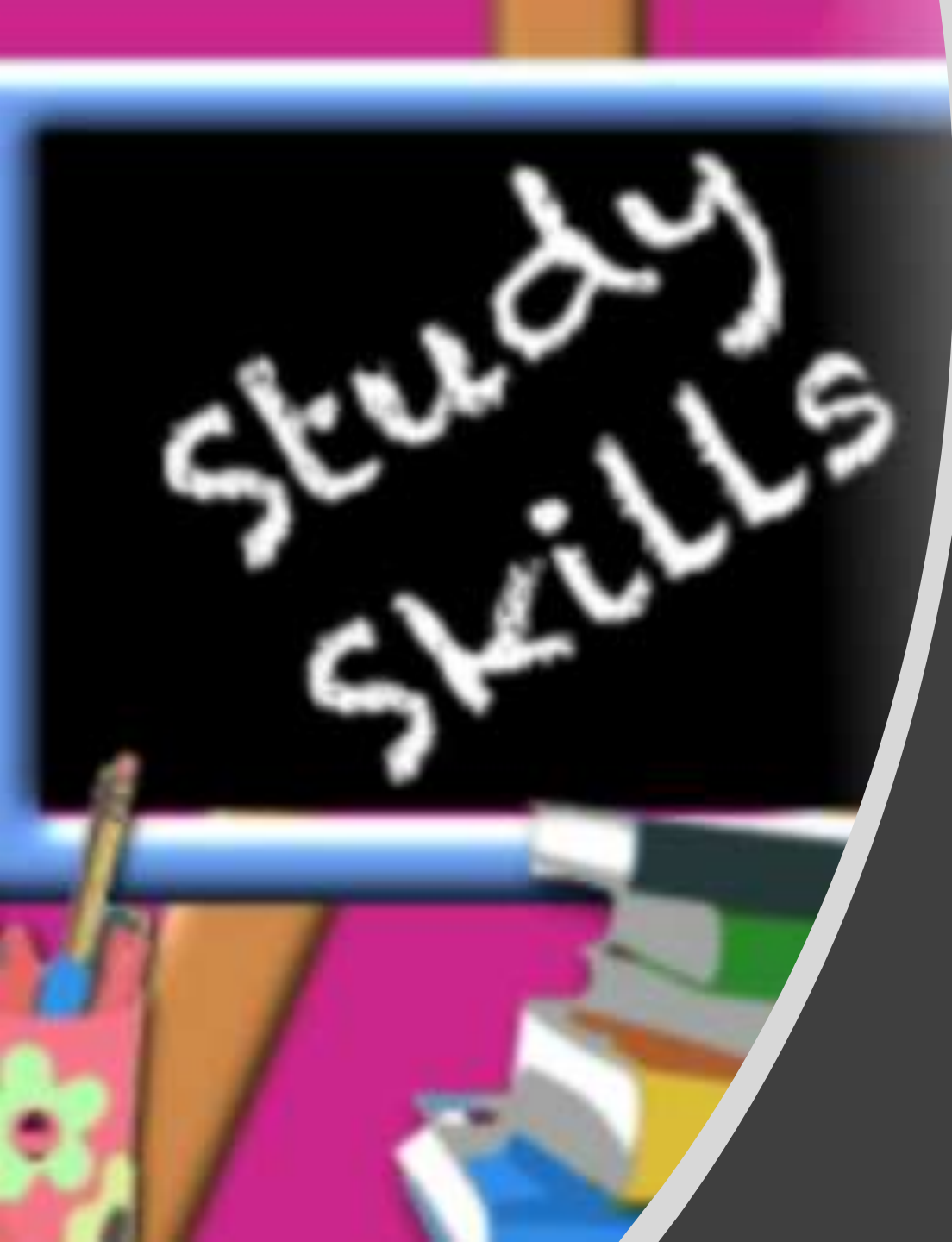


4.

If you can teach it,
you've learnt it!

Masterclass Programme





Questions,
Comments
&
Evaluation



Thank you
for
attending