

# 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?*

2 minutes: Your Knowledge

2 minutes: Your neighbour's knowledge



2 minutes: Your neighbour's knowledge

2 minutes: Your neighbour's knowledge



# Learning styles, Time Management & Planning

Mrs Nizam

FH Mathematics





# Study Skills Quiz

# Learning Styles



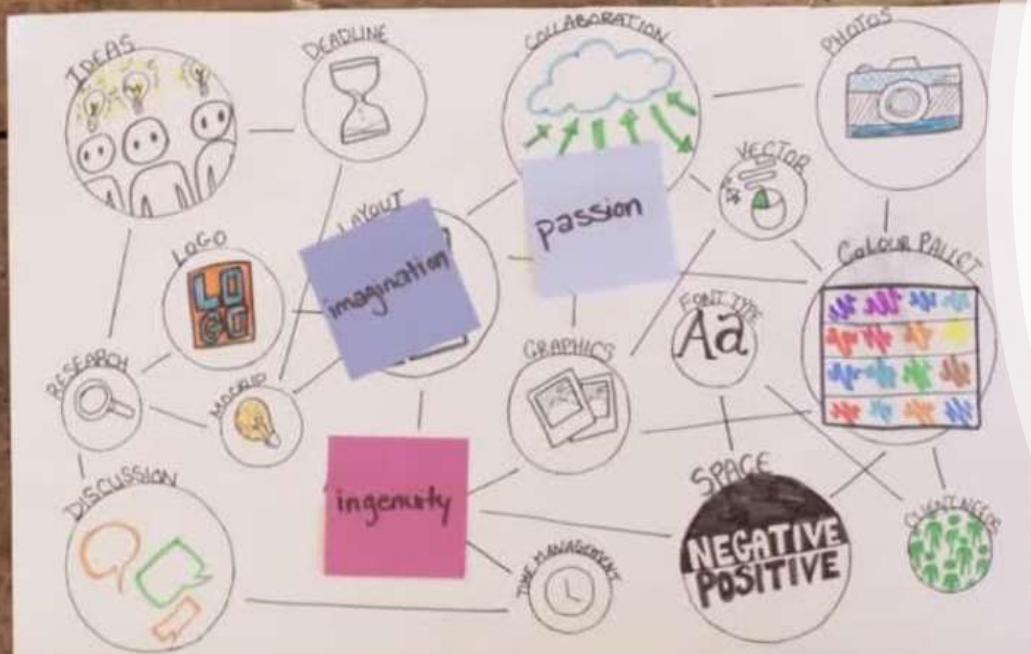


What is your style of learning?  
What is your learning style?

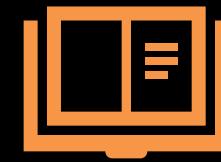
<https://vark-learn.com/>

# Visual

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



# Auditory



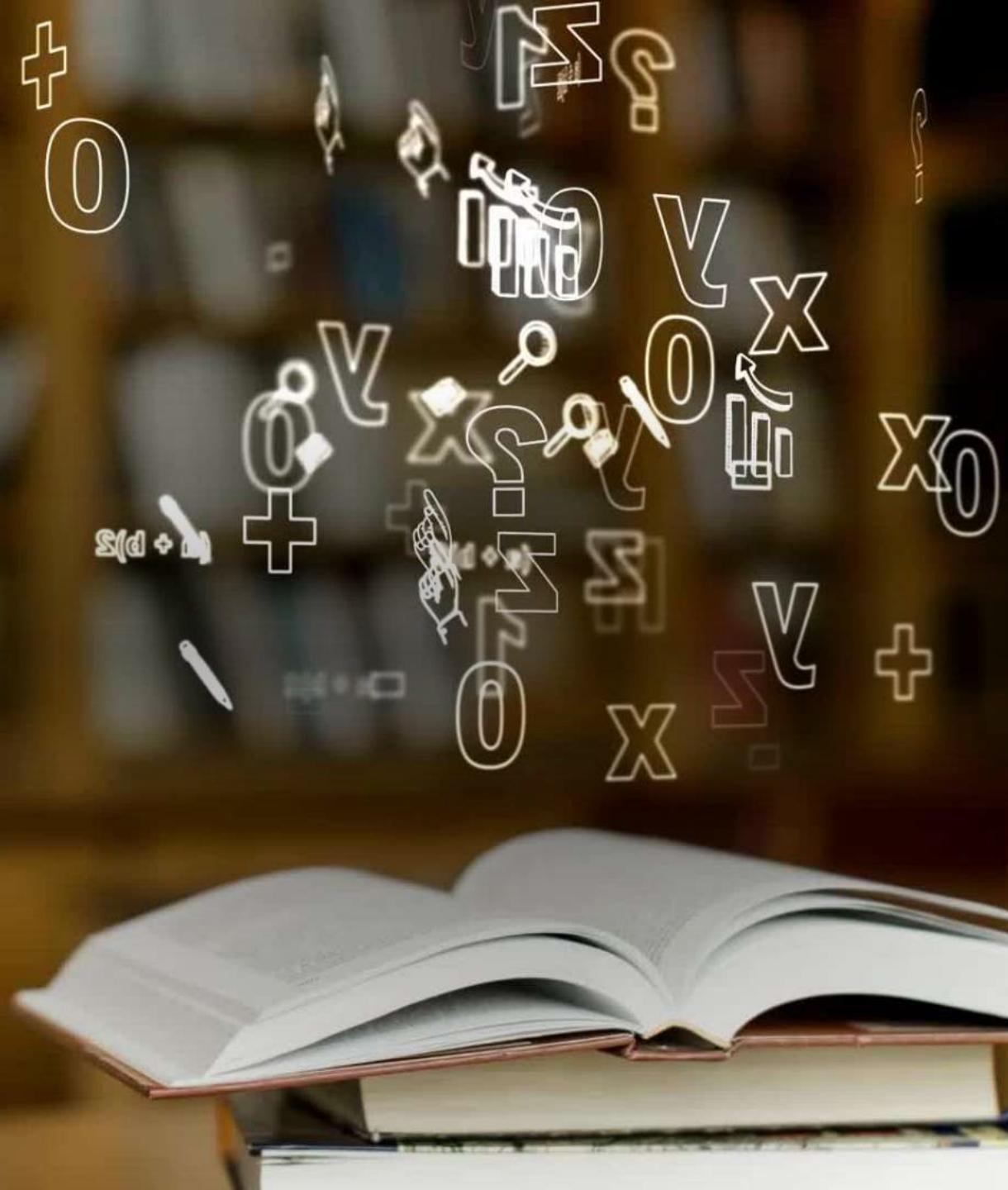
Listening to spoken  
information.

Group discussions

Reading aloud

# Reading & Writing

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



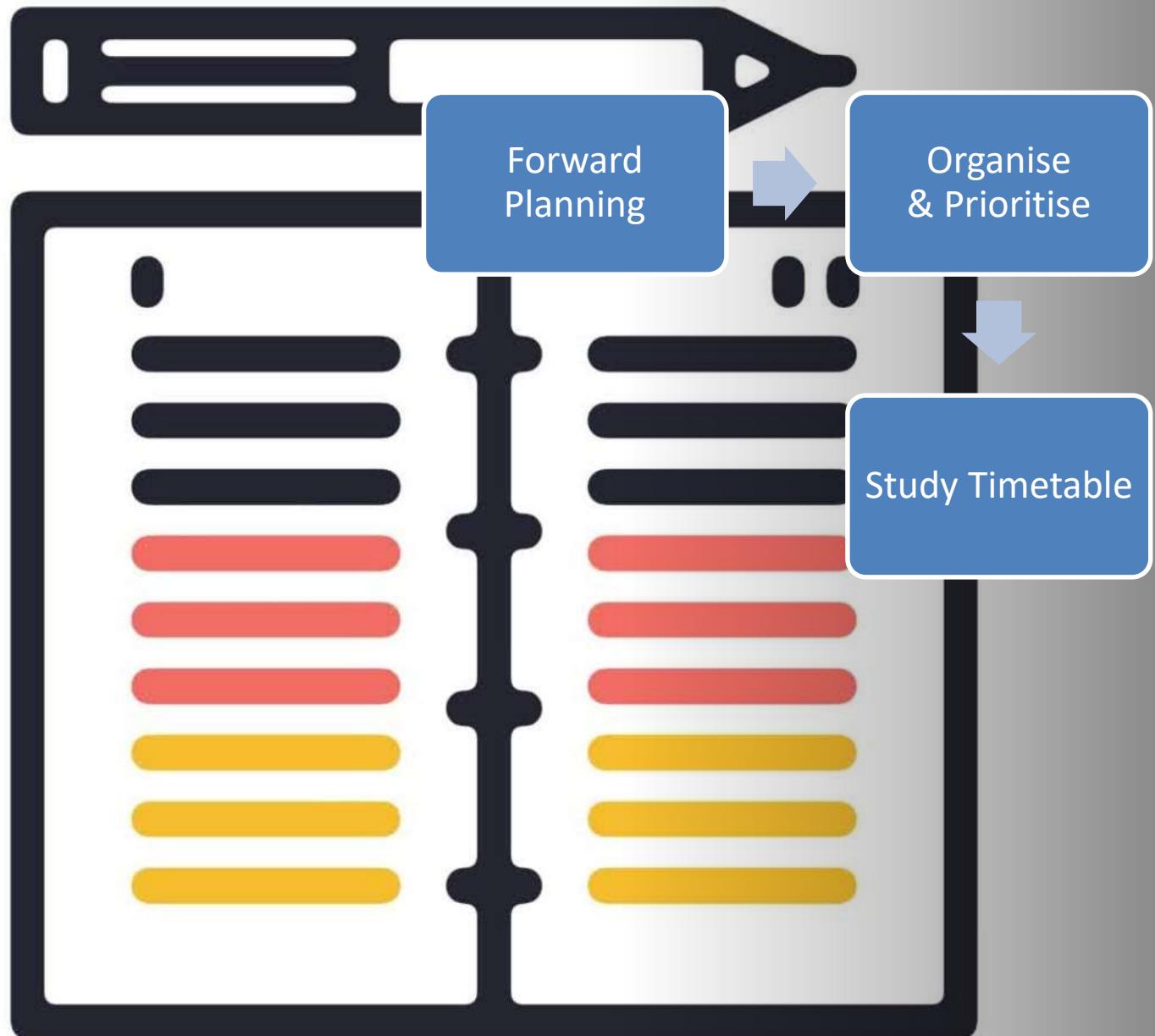


## Kinesthetic Learning Style

- Hands on
- Physically active



# Time Management



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!
<b>BREAK!</b>	11:15AM - 1:15PM REVISE SUBJECT 2	12:45AM - 2:45PM REVISE SUBJECT 2				
<b>BREAK!</b>	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3				
<b>BREAK!</b>	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.



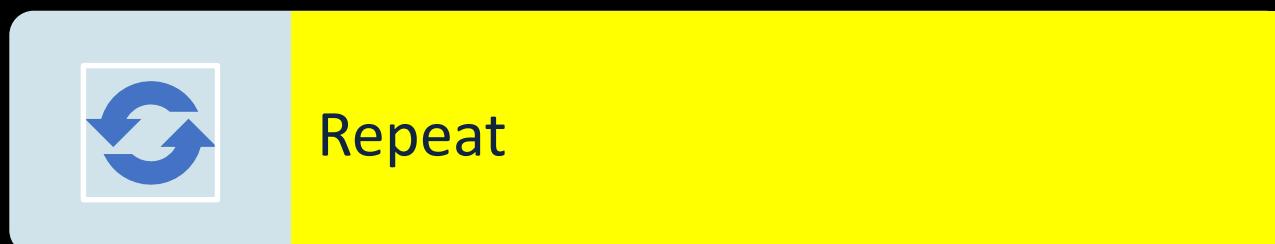
Complete your own plan

# Final 5!!!



1. Eat  
healthily  
&  
get enough  
sleep

2



**3. Switch off  
Distractions!**



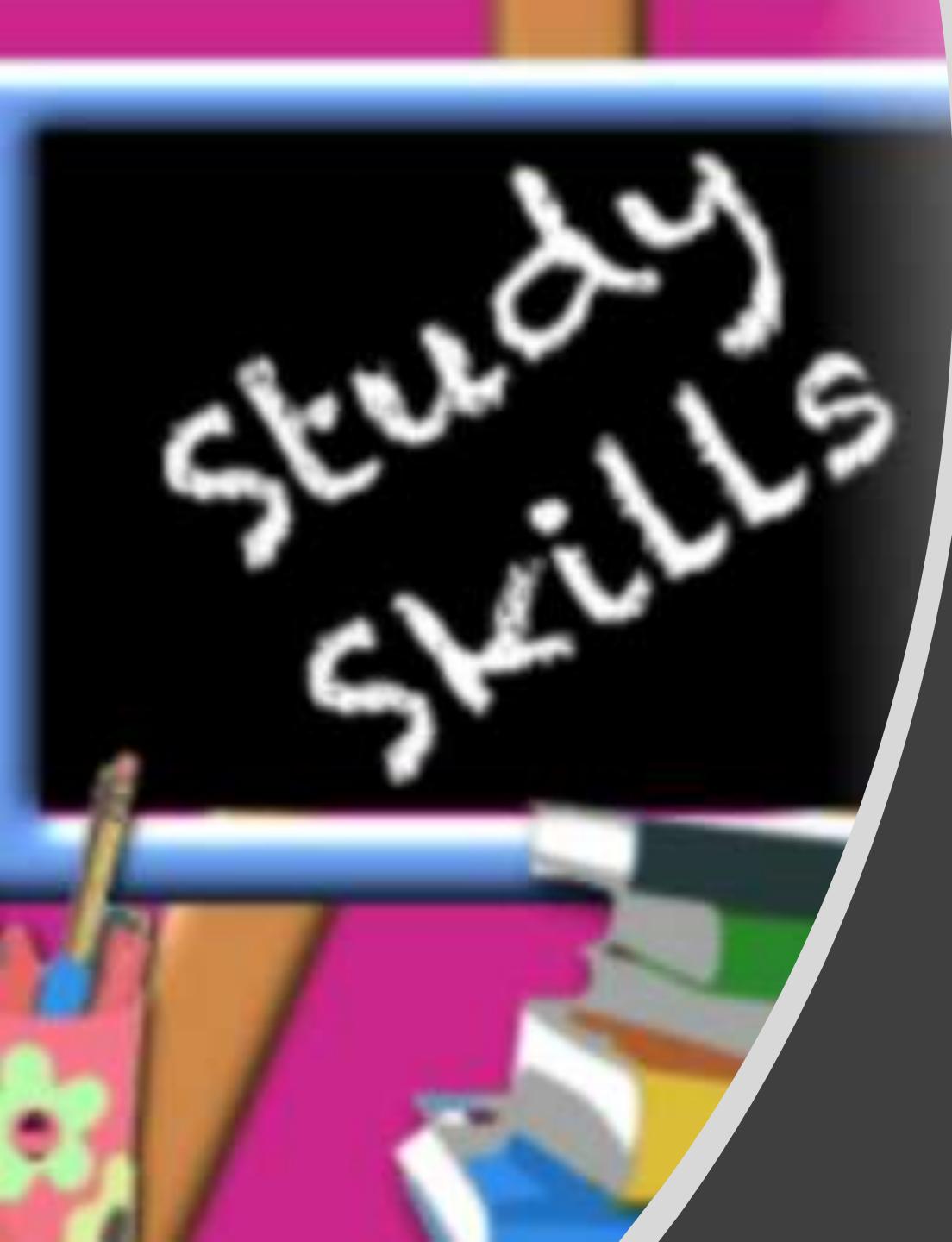


4.

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

# Masterclass Programme





Questions,  
Comments  
&  
Evaluation



Thank you  
for  
attending