

# STUDY SKILLS AND EFFECTIVE HABITS

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PT RAISING ATTAINMENT

GARY HOWE

TEACHER OF MODERN STUDIES,  
HISTORY & CRIMINOLOGY



# TONIGHT'S SESSION

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Stepping up a gear as we enter a new year group

Online sessions for study skills+

Science of Learning

Supported Study

Raising Attainment Resources

# STEPPING UP TO S4

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- **At least** 2 hours per subject per week
- Success in S3 exams is no guarantee of success in S4.

N5 Modern Studies Case Study, 2024/25 cohort:

- 70 pupils in the cohort
- 78% passed the S3 exam (22% failed)
- 30% became N4
- 5% sat the N5 exam but did not pass
- So, 35% of the cohort did not achieve N5

What did the successful pupils do?

# STEP AND MATCH THE CHALLENGE (N5→HIGHER)

- **Progression Tables** are data made by the SQA which show progression from N4 to N5; N5 to Higher; Higher to Adv Higher within a subject.
- E.g. What do pupils that get a B at N5 English go on to get at Higher?

English						
Percentage of Learners Gaining Higher						
	Result	A	B	C	D	No Award
National 5 in 2023	A	48%	30%	16%	5%	1%
	B	7%	23%	34%	26%	9%
	C	1%	7%	21%	37%	33%
	D	1%	4%	12%	29%	54%

- 30% (7% + 23%) go on to get a B or better at Higher, 70% do worse...
- Success at N5 is no guarantee of success at Higher. Higher is considerably harder.
- How did the 30% who matched or bettered their N5 result do it?

# N4 TO N5 IS AN EVEN BIGGER CHALLENGE

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	Percentage of Learners Gaining National 5				
Qualification	A	B	C	D	No Award
Application of Mathematics	5%	9%	16%	21%	48%
Biology	4%	6%	15%	30%	45%
Chemistry	10%	10%	21%	24%	35%
English	9%	21%	31%	23%	16%
English for Speakers of Other Languages	10%	25%	21%	25%	19%
Geography	6%	11%	18%	27%	38%
Graphic Communication	2%	5%	21%	27%	46%
History	4%	9%	14%	21%	52%
Mathematics	11%	13%	15%	18%	43%
Modern Studies	5%	10%	19%	25%	41%
Physics	5%	11%	23%	23%	38%

# SCIENCE OF LEARNING

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Multi-store model of  
memory

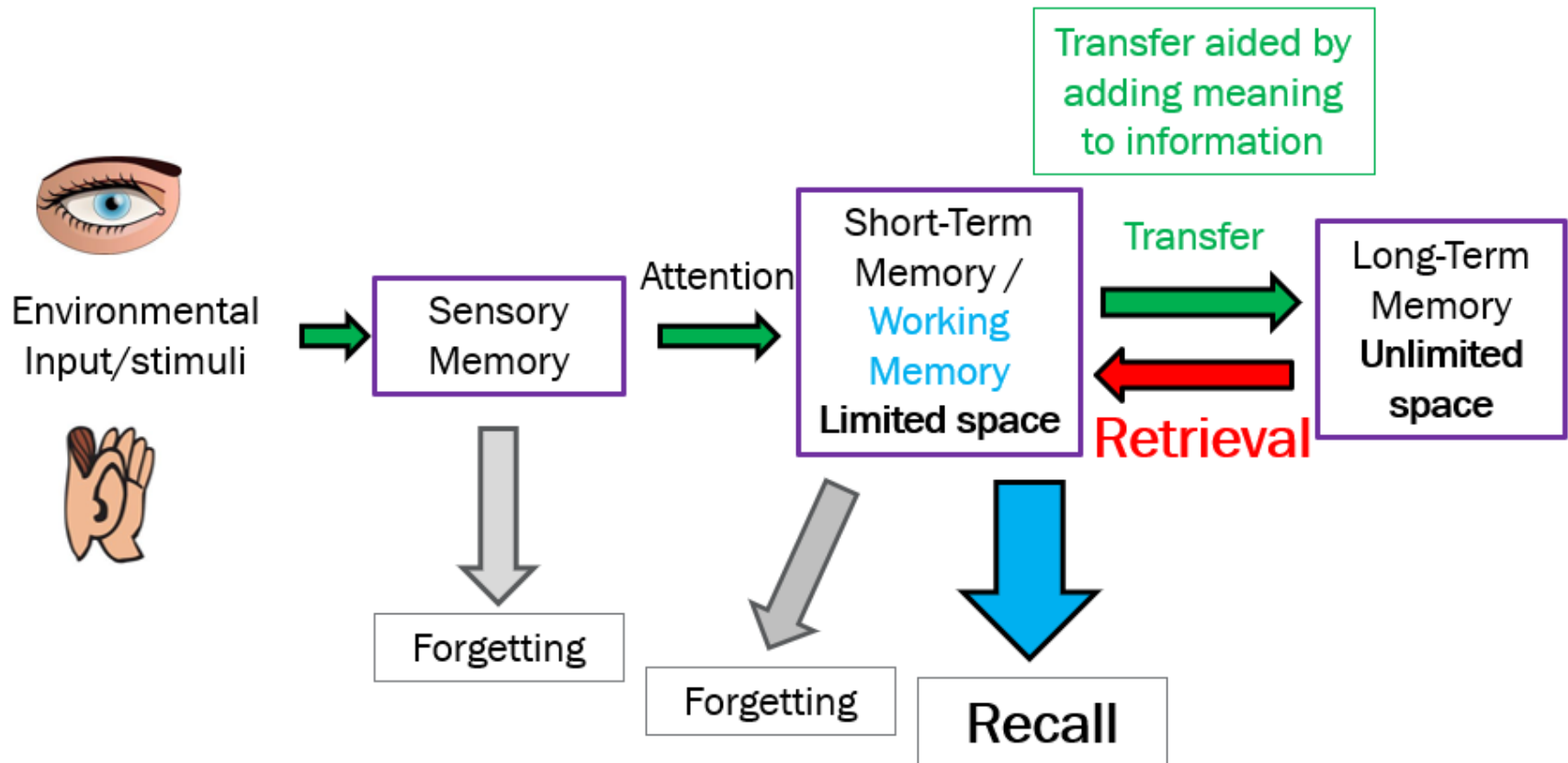


Fighting forgetting by  
spacing reminders



Top 3 retrieval  
strategies to close  
gaps in knowledge

# Model of memory



# THE FORGETTING CURVE IN ACTION

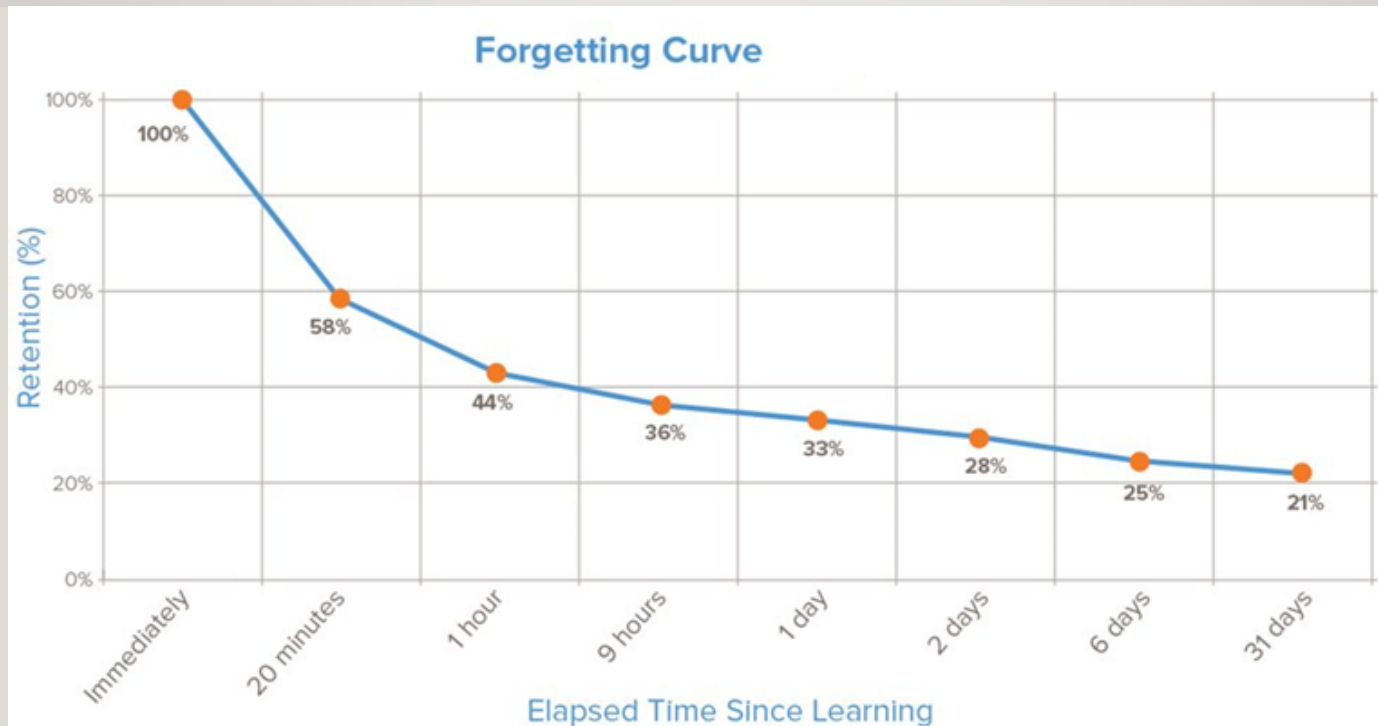
Look carefully at the 10 words

- Apple
- Chair
- River
- Library
- Haggis
- Amber
- Mountain
- Window
- Tartan
- Candle

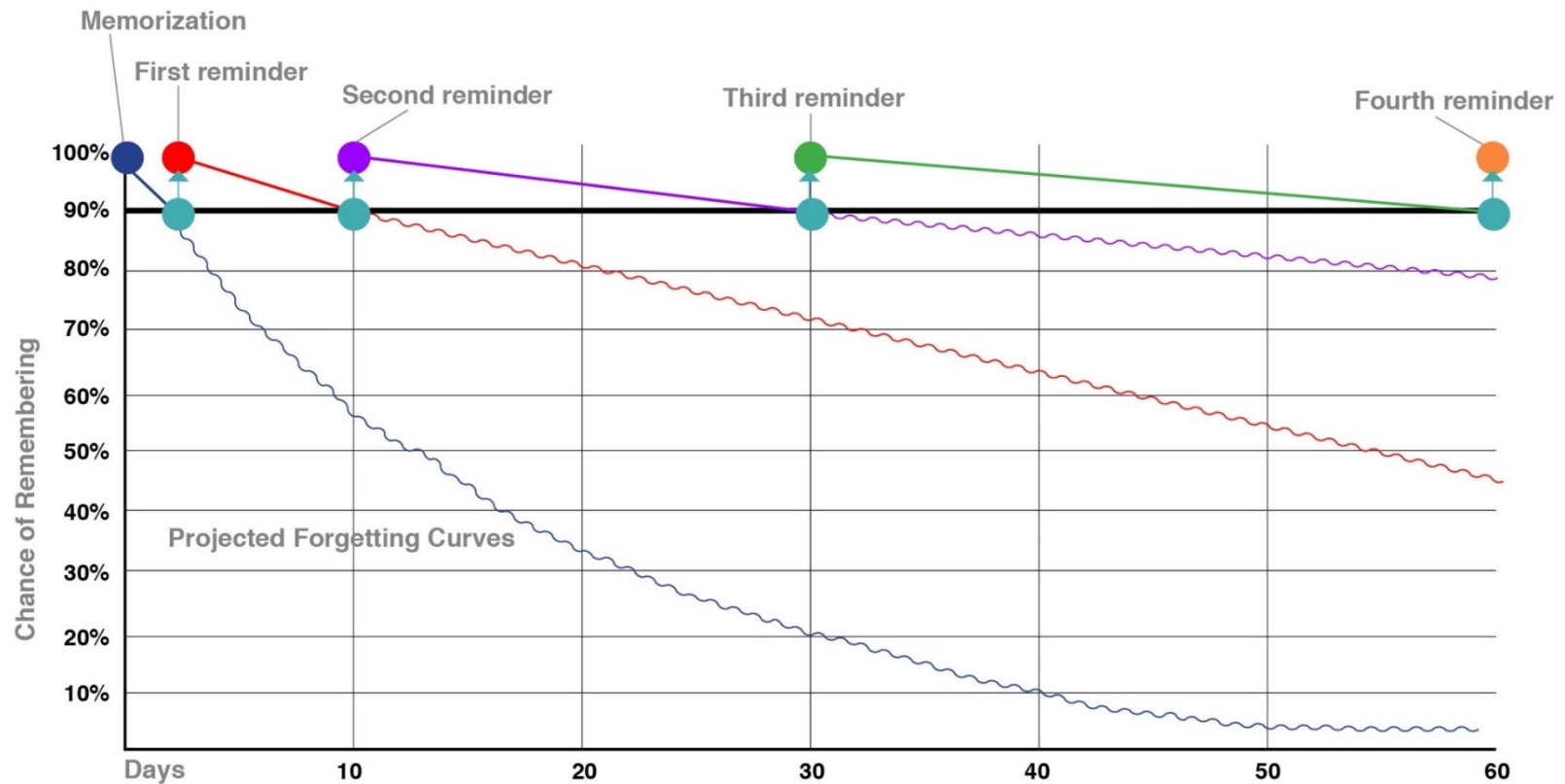


# FORGETTING

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# FIGHTING AGAINST FORGETTING



# RECALL TIME

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- Now Recall the 10 words that were shown a few slides back.

## **Debrief**

What we would expect is most people will remember most of the words, but not all.

Usually recall is better for first and last words.

This shows how memory naturally fades quickly without reinforcement.

Forgetting is normal – but practice fights forgetting.

# WHAT IS RETRIEVAL PRACTICE?

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- Quizzing - by going into your long term memory to **retrieve** information and bringing it into your working memory to answer questions/problem solve/perform.
- It is vital that quizzing is done **without notes**.
- This makes studying more stimulating, more effective but more challenging.
- Challenge is part of learning.

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TOP 3  
RETRIEVAL  
PRACTICE  
STRATEGIES

Do SQA past paper  
questions

Flashcards

Brain-dumps A.K.A.  
Free Recall

## PRACTICAL TAKEAWAYS

Encourage recall, not just rereading

- Ask "Tell me what you learned today" rather than "Did you revise?"

Promote short, regular study blocks instead of last-minute marathons

- 25 Mins study & 5 mins break
- Most people's optimal focus window is 30-50 mins before attention and recall start dropping.

Support Routines

- Same time/place for study helps habits stick.

# ONLINE STUDY SKILLS SESSIONS FOR PARENTS AND PUPILS

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- Monday 6<sup>th</sup> October, 1800-1830
- Meet online on Teams



# SUPPORTED STUDY PROGRAMME

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Extremely important intervention!



Attendance is monitored



Pupils must explain to their class teacher if they cannot attend supported study, attending is expected.



# RESOURCES

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- **Where?** You can find these resources on the 'STA Pupil Site' on OneDrive.

- **What resources?**

Template study plan

PSE lessons

PowerPoints from study skills sessions

Supported Study Timetables  
(when available)



# CHALLENGE

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AS WELL AS ASKING 'DO YOU  
HAVE HOMEWORK?'



ASK 'SHOW ME WHAT YOU  
REMEMBER FROM CLASS  
TODAY'