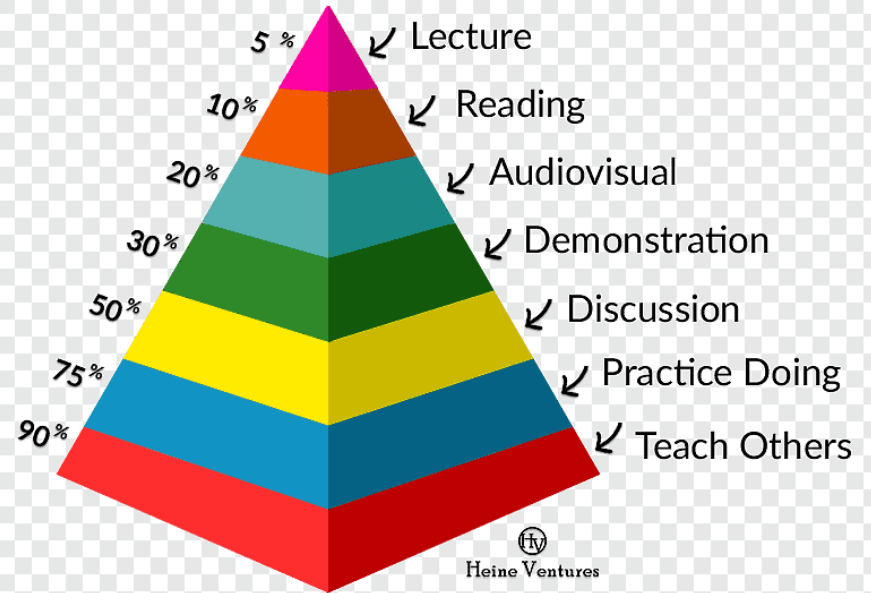


Study Skills

Using effective strategies
to make your learning
stick!

THE LEARNING PYRAMID



Why do study skills matter?



- Different people learn in different ways!



- The Learning Pyramid shows that active learning helps you retain more.



- These strategies will help you study smarter, not harder!



The most important thing is to avoid distraction – **put your phone in another room!!**

How to avoid social media distractions!



The easiest way is to put it in another room!



Or, consider downloading a productivity app – **'Flora'** allows you to set no-phone timers and if you're successful, its partners plant real trees! You can also set challenges with your friends!



If you need to use your phone for Teams, Achieve etc. consider an app like **'Screen Zen'** which allows you to use certain apps, but sets limits on others.

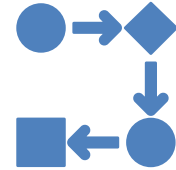
Starting point!



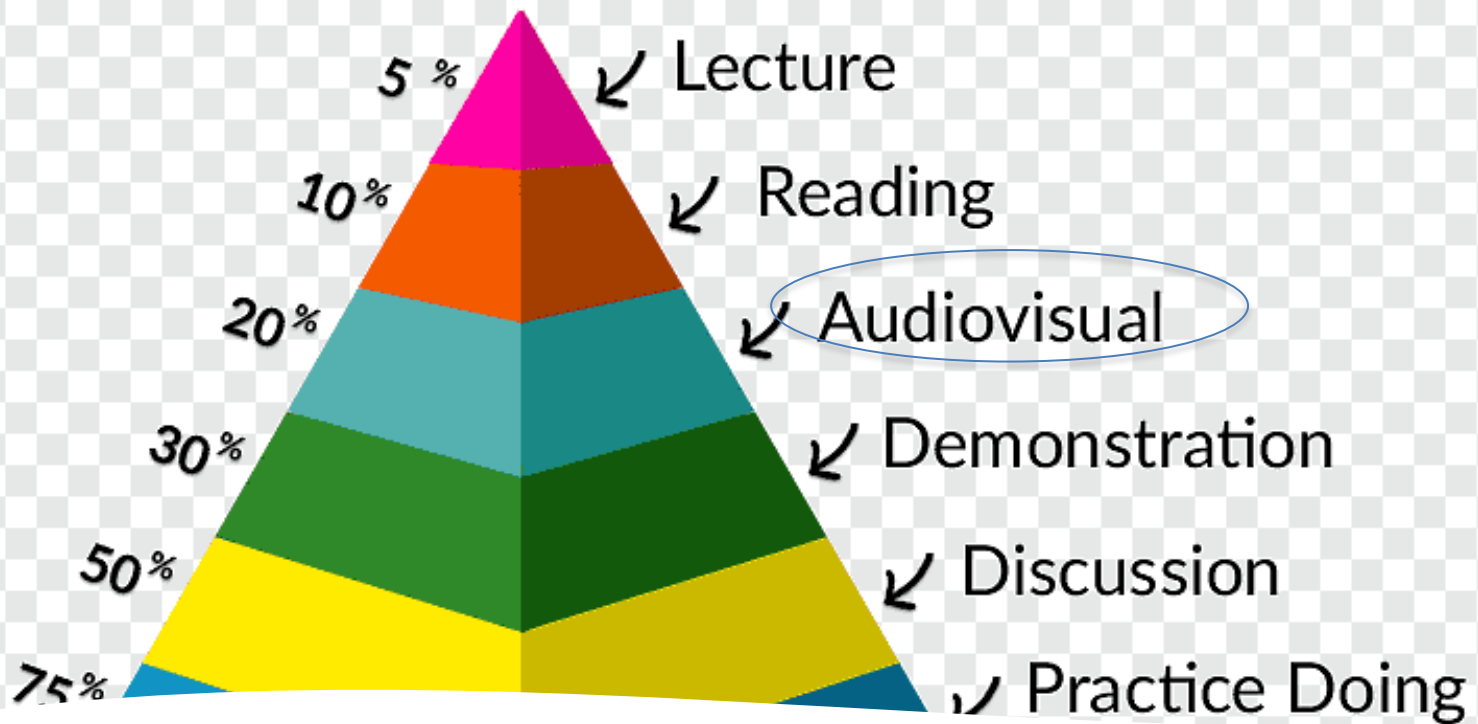
- Create mind maps – one subtopic per map!



- Everything you remember in **one colour**, then add missing info from your notes in **another.**



This gives you a clear visual of what you need to work on!



**Don't just
read your
notes!**

- Watch revision videos (BBC Bitesize)
- Watch YouTube clips or documentaries

Note-taking!

- Copy notes in **your own words**

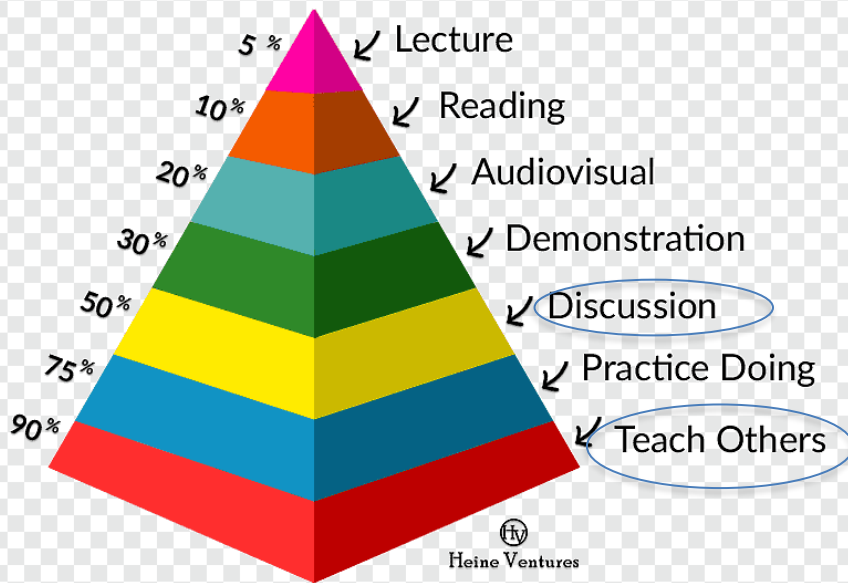
There's no point copying your notes word for word – you could do this half-asleep! Changing them into your own words forces your brain to be active!

- Use colours to highlight key points



Work with others!

THE LEARNING PYRAMID



- Explain what you're studying to family, friends, or even pets!
If you're able to teach others a topic, you have a very strong understanding!
- Study in groups – discuss what you've learned.



- Make flashcards (don't spend hours on this - they don't need to be a work of art!)

- Use **'Look, Cover, Write, Check'**

Test Yourself!

- Try past papers and BBC Bitesize or Achieve quizzes to check your progress

These strategies move learning from short-term to long-term memory.

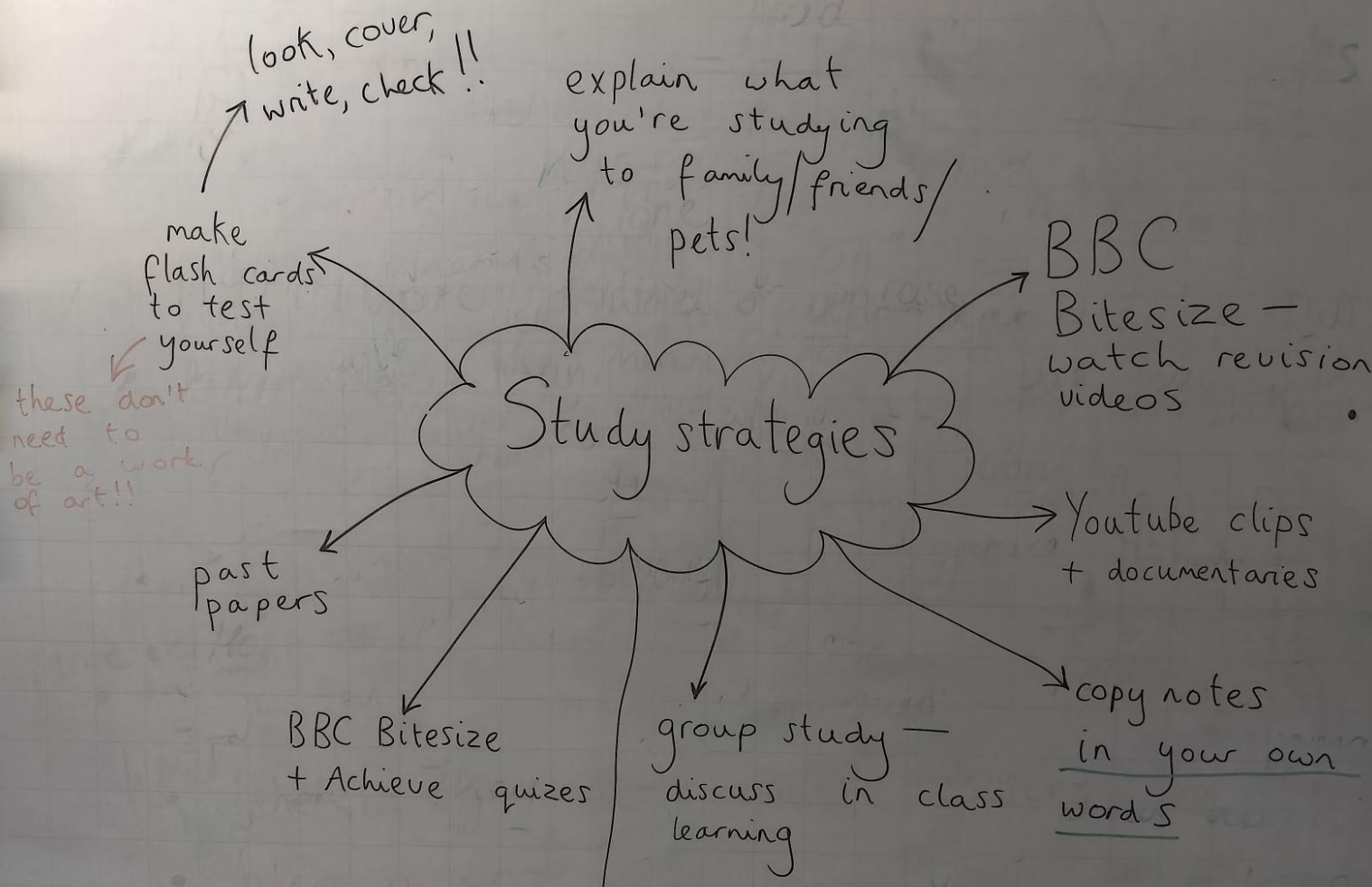
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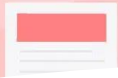
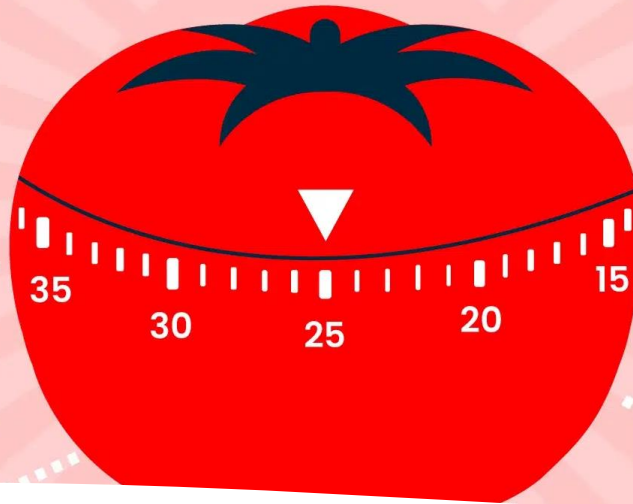
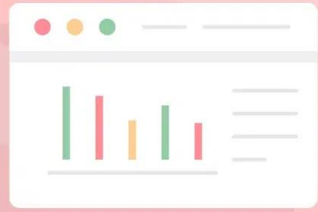
Summary!



mindmap a subtopic

- everything you remember in one colour
- then use notes to add what you have forgotten in another colour

Pomodoro Technique



The Pomodoro Technique

- You can't study for hours at a time!
- Choose a **specific** task (e.g. 'complete Chemistry past paper' **NOT** 'study Chemistry'!)
- Set a timer for 25-30 mins; break for 5 mins
- **Repeat!**

Your health and wellbeing matters!

- Exams can be stressful! **Talk** to your parents/carers and teachers about it 😊
- Consider **meditation**! There are lots of apps e.g. 'Headspace', 'Insight Timer', 'Balance'
- **Sleep well!** During study leave, try not to lie in. Stick to a consistent sleep schedule so you don't feel "jet-lagged" during a 9am exam!



Get active! Get outdoors! Eat well!



Even when the weather is grim, get some fresh air.



Plan your time so you are still able to take time out to go to sports practices or out with friends.



Eat a balanced diet with carbohydrates to fuel your brain. **Avoid sugar and caffeine** – you'll crash after half an hour!