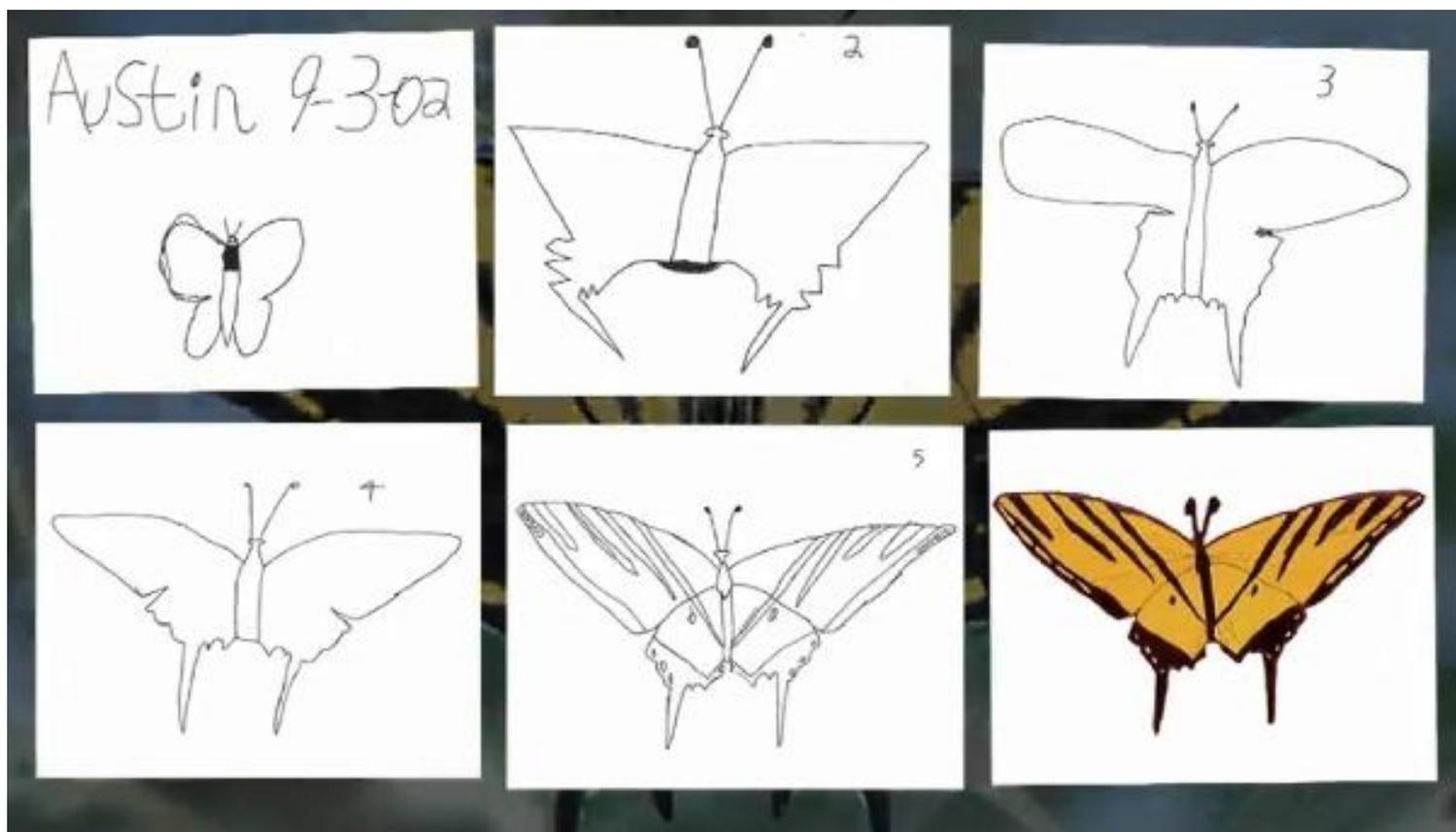




Effective Study Skills



<u>WHAT DOESN'T WORK</u>	<u>WHAT DOES WORK</u>
Highlighting	Quizzing yourself
Re-reading	Self-testing
Copying out notes	Teaching others
Cramming	Spreading it out
Having background music on or distractions	Getting rid of distractions
Only one attempt	Re-drafting





THE EIGHT ESSENTIALS FOR LEARNING



1) Recall what you know

This is the single most valuable study skill. Put away your notes and textbooks and practice retrieving what you know. Create flash cards, quiz yourself, quiz others, BBC bitesize quiz, quiz apps, create mind maps, take practice papers or even make questions up – Put your notes away and force yourself to remember. This helps to reinforce what you have learnt and makes it easier to remember later on. It also highlights what you don't know.

2) Spread your revision out (spaced practice) and do not cram

Schedule short revision session and keep revisiting information from lessons the previous day, previous week and previous month. Leave 2-3 days between revision sessions of the same subject. The key is consistent short revision sessions over a long period of time. Start planning early for exams.

3) Elaboration (ask, explain, connect)

When you have your text book in front of you ask yourself questions about how and why things work. Describe and explain with as many details as you can and connect these ideas to your everyday life. This forces you to understand and explain what you are learning. Ask yourself the following questions whilst studying: How do these ideas work? Why? How does this link to what I have already learnt? What are the big ideas? So what?

4) Use a combination of pictures and words

Combine verbal material with visuals. This gives you two ways of understanding and remembering the information. Find pictures in textbooks or online and try to understand how the words describe the image. Look at pictures and explain in your own words what they mean. Draw your own pictures based on written work in your text books or exercise books. Try to create different ways to represent your work.

5) Use real life examples

Use specific concrete, real life examples that you can relate to. These help to demonstrate and explain ideas which help you to understand them. If you can't think of any real life examples, then go and find some.

6) Teach others what you have just learnt

Get people to constantly ask you "why" and "so what". This helps you to really think hard about what you are learning. It also highlights what you don't know about a topic. By putting things into your own words it helps you to understand it deeper.

7) Mix your revision up (switch)

Don't study one idea or topic for too long. Switching between topics will help to highlight the similarities and differences between these topics. This helps you to create links between topics as you study them. This will feel harder than studying one topic at a time. Don't switch too often though.

8) Get rid of distractions

Put away your mobile phone, turn off your music and get rid of all distractions. It is better to work intensely for 1 hour than with distractions for 3 hours.

PRACTICAL TECHNIQUES

1) Flash Cards



Flashcards are a quick fire version of revision cards. The idea here is to put a question / word / theory on one side and the answer / definition / explanation on the reverse. They're great for testing and improving your memory of the important facts and figures for your exams.

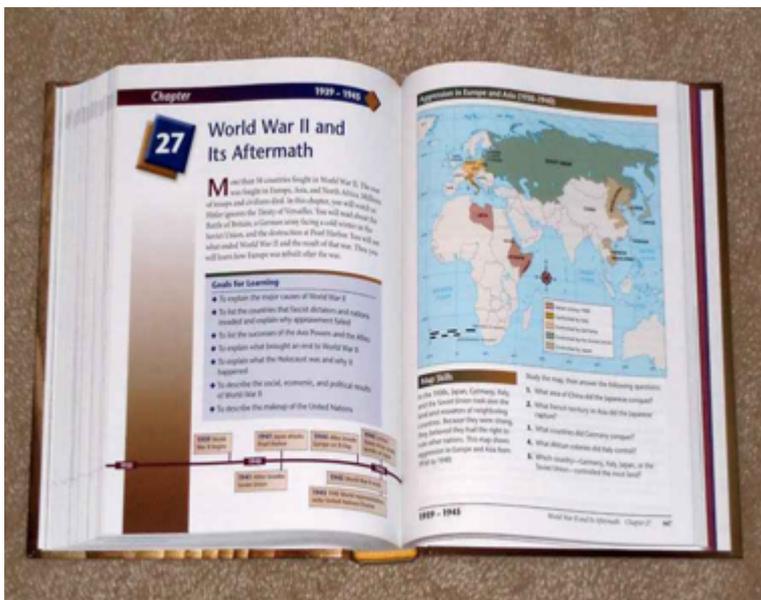
2) Knowledge organisers

Apollo 11 Mission to the Moon			
Timeline	Crew	Job	Vocabulary
July 16 th 1969	Nick Armstrong	Commander	Apollo 11 The name given to the overall mission to land on the moon.
July 20 th 1969	Michael Collins	Command Module Pilot	Crew The team who are taking part in the mission
July 21 st 1969	Edwin "Buzz" E. Aldrin, Jr.	Lunar Module Pilot	NASA An American organisation which explores space. NASA stands for the National Aeronautics and Space Administration
July 21 st 1969	Quotations "The Eagle has landed." "That's one small step for man, one giant leap for mankind." Here man from the planet Earth first set foot upon the Moon, July 1969 A.D. We came in peace for all mankind!		Saturn V The huge rocket that sent the astronauts into space.
July 24 th 1969	Spacecraft Call Signs The Command Module was called the "Columbia". The Lunar Module was called the "Eagle".		Module A small part of the spacecraft, with a particular job (for example, landing on the moon).
July 24 th 1969	Interesting Facts The Saturn V rocket reached a total speed of 6,184mph or 9,920km/h. The moon is 384,400km or 238,900miles from Earth. The strength of gravity on the moon is only around 16% compared to Earth.		Space Race The USA and the USSR (now Russia) were racing to be the first country to put man on the moon.
July 28 th 1969	Sea of Tranquility A large, dark area of the moon, in which the astronauts landed.		Lunar Module The spacecraft that actually landed on the moon. (Luna is Latin for the moon).
August 10 th 1969	Command Module The spacecraft that orbited the moon, and took the crew back to earth.		Quarantine Keeping someone locked away from other people in case they have germs or a disease others could catch.
August 13 th 1969	Pacific Ocean The largest ocean in the world.		Sea of Tranquility
November 16 th 2011	Transquility		

Knowledge organisers provide the key specific knowledge needed to progress in a subject. However, simply copying them out will not work. You need to look at the information, cover it up, write it out again and then check to see if you are correct.

(Look, cover, write, check)

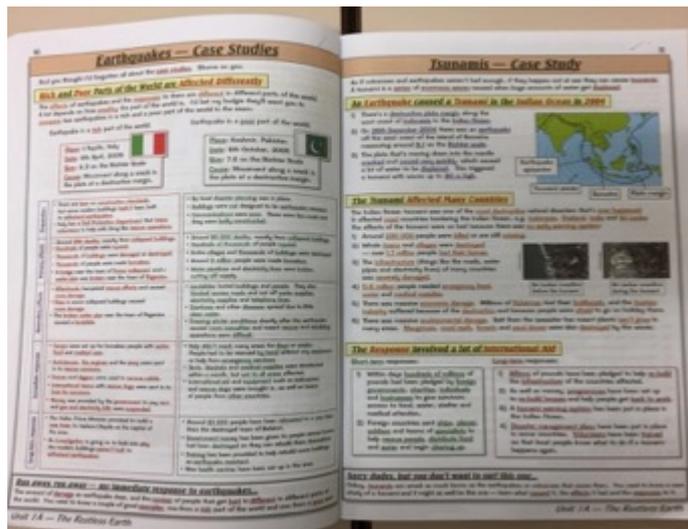
3) Text books



Text books are a fantastic resource. They include key information, summary sections, questions and pictures. Here are some ideas of how they can be used:

- 1) After you have read a paragraph, close the book and try to write it in your own words
- 2) After you have read a paragraph ask yourself why? How does this link to what I have already learnt? What are the big ideas?
- 3) After you have read a paragraph, close the text book and summarise what you have just read in the form of a picture or diagram
- 4) Put any diagrams or picture into words
- 5) Answer the questions asked in the text book
- 6) Create your own text book or resource that you can use to teach somebody else
- 7) Create questions that a friend will have to answer

4) Revision Guides



As with knowledge organisers, use the look, cover, write check techniques to help you memorise key specific facts.

Convert your revision guide into flash cards

Draw annotated diagrams of the text

Close the revision guide and create a mind map from memory

Answer the questions in the end of chapter quiz

5) Mind maps

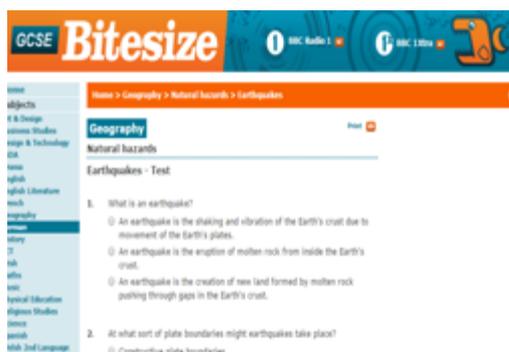


Mind maps are a fantastic way of visualising information. These diagrams consist of a central starting point, to which you then add branching information. They're great for showing how a topic is built up and showing how everything links together.

Try to create the mind maps from memory. Use colour and pictures as well and words.

Stick these on your wall at home. Look at them, close your eyes and try to remember what is on each branch and then open your eyes to see if you are correct.

6) The internet and Apps



BBC Bitesize is a great website. It includes key information and videos for each topic. It also includes a test at the end of each section.

Quizlet is a site where pupils can create their own flash cards and learning resources. Pupils can work in groups to produce lots of resources and then share these out.