

# Effective Study Strategies for Parents and Carers

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ST JOSEPH'S COLLEGE

# Learning for Excellence



ST JOSEPH'S COLLEGE

## Taking responsibility

Attendance & punctuality - **every** lesson counts  
Meet **every** deadline  
Bring **all** equipment and textbooks  
Know the course content and sequence  
Become an **independent** learner  
Seek the support you need to manage your learning  
Catch up on missed work to avoid gaps in learning  
Prioritise your learning over outside commitments

## Before the lesson

Access resources/spec./course sequence to anticipate what's being learnt next  
  
Check the deadlines for the lesson have been met  
  
Test yourself on last lesson's content from memory  
  
Read ahead in preparation for the lesson in order to see the bigger picture

## During the lesson

Stay engaged and on task  
  
Be an active learner:  
- Ask questions  
- Be an active listener  
- Act on feedback  
- Collaborate to support one another  
Take notes to clarify and extend your understanding  
Take pride in your work  
Use the planner to record what you need to do next

## After the lesson

Complete all work and unfinished tasks to avoid gaps in learning  
Review and reflect on your learning e.g. Test yourself from memory to check your understanding  
Address misconceptions and gaps in knowledge with your teacher  
Become an expert through practice. The more the practice, the better the performance  
Be proactive in completing past exam question(s)  
Respond to teacher feedback  
Recap knowledge and skills

## Revision

Space out your revision through careful planning  
Focus on areas you feel less secure about  
Make use of technology (e.g. Uplearn)  
Complete past exam questions from memory  
Self-check and mark the work using your notes / textbooks  
Redraft your response / paragraph / essay  
Create revision aids from memory e.g. Folding Frenzy  
Discuss your learning with a peer and get someone else to test you  
Use study time purposefully

## Extend your knowledge

Be ambitious - read around the subject using the reading list and academic journals  
Learn key vocabulary and discuss it with peers  
Seek out extra-curricular opportunities  
Access podcasts and webinars, blogs, magazines  
Engage in careers opportunities  
Visit museums, art galleries, exhibitions and libraries both in person and virtually  
Find opportunities to discuss and share a passion for your subject



# Session Aims

- To understand the effective and efficient study strategies your child should be using at home
- To be able to recognise the ineffective study strategies to avoid
- To have a range of techniques and strategies to use to support your child





Start with why...

Ask your child, why do  
they want to do well?





# Study Strategies

**Not all study strategies are equal.** Some are much more effective than others!

There has been a huge amount of **time, effort, and research** invested to find effective study strategies.

Studies and evidence are **overwhelming** about which techniques are or are not effective.



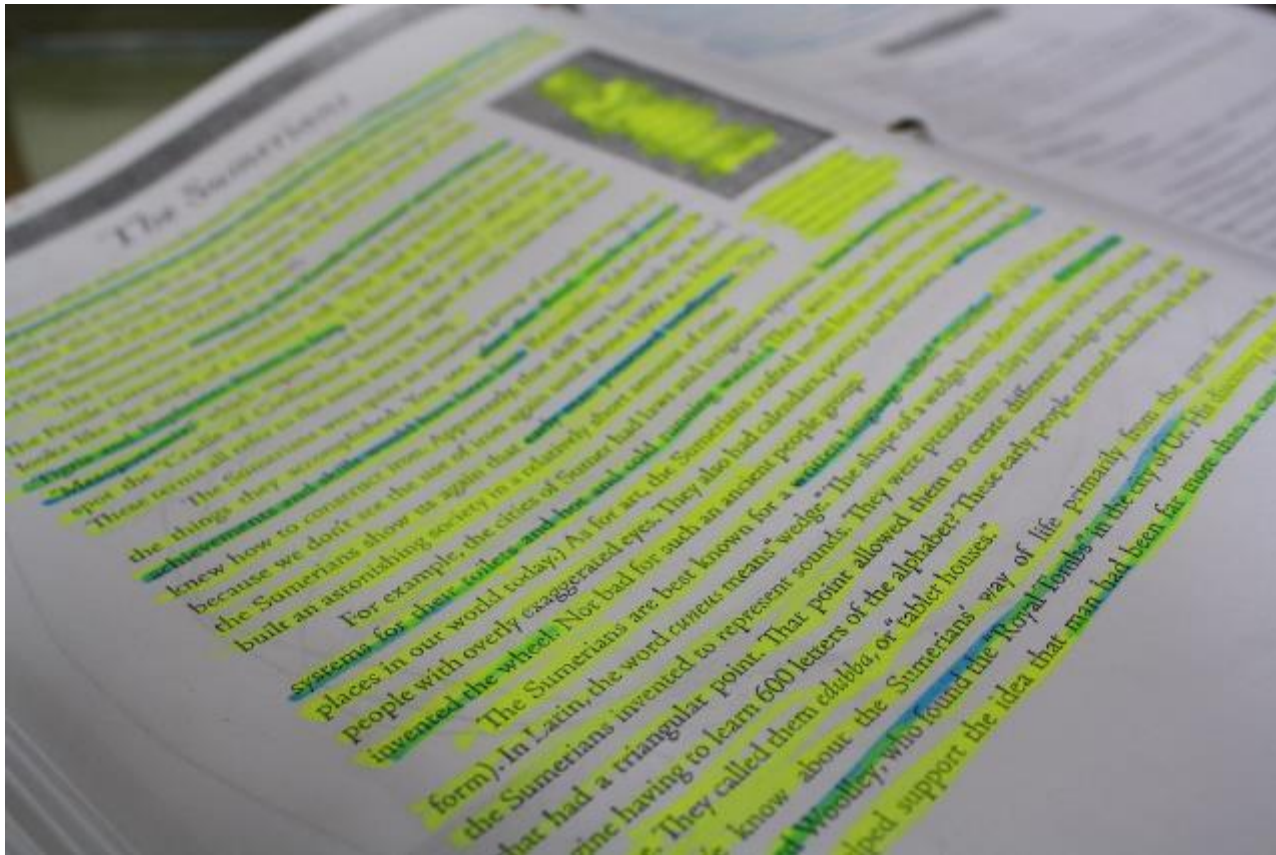


# Ineffective ways to study





# What's the problem with highlighting or underlining?





# What's the problem with re-reading?





# What's the problem with cramming?



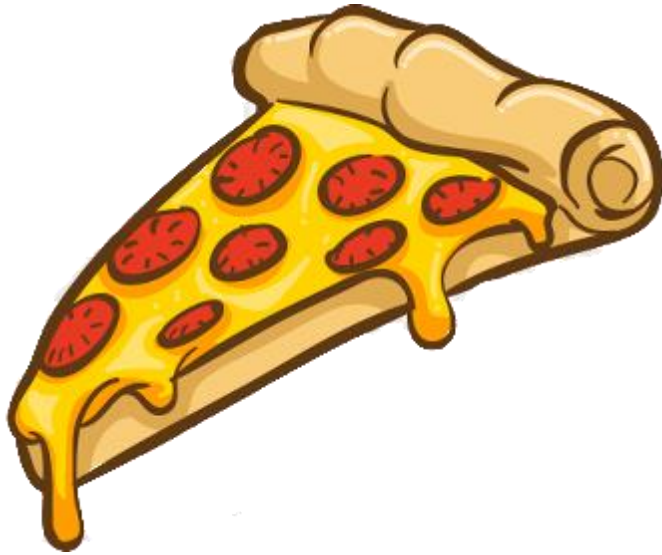


# Highlighting / Re-reading / Underlining

- These techniques are better than no revision at all!
- However, using these strategies will **require a huge amount of effort, energy and time** in comparison to other techniques
- **Highlighting, re-reading and underlining are easy and don't require much brain power!** It's really tempting to use these strategies. If students do what to use them, make sure it's only as a starting point as they will need to use more effective study strategies



# Myth busting – Learning styles





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# AI

- **Huge benefits!**
- Get it to make questions
- Get it to simplify a complex topic and then build up knowledge with it
- Get it to visualise things in a different way
- But be prepared to be specific, as what you put in, you get out



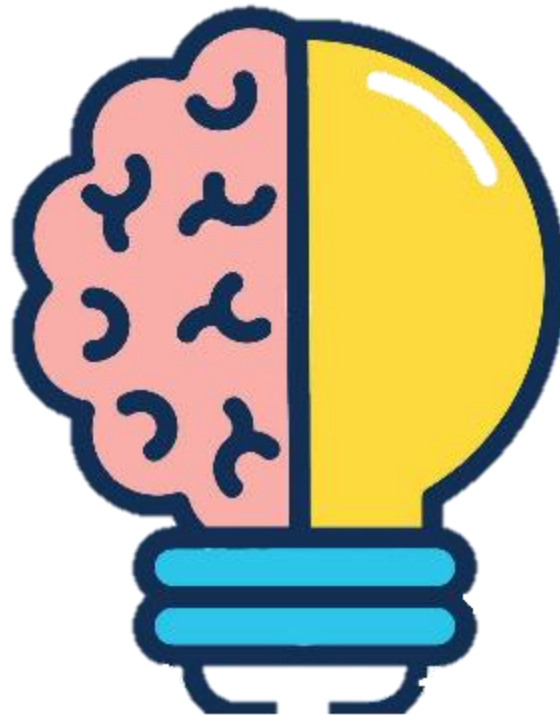
# What are effective study strategies?

- Retrieval practice – the act of recalling information from memory. This includes quizzing and self-testing
- Spaced practice – this is spacing out revision over time, the opposite to cramming





# What is retrieval practice?





What is the capital of Kenya?





# Nairobi





*“Using your memory, sharpens your  
memory.”*

*Using your memory, changes your  
memory.”*

**Professor Robert A. Bjork - UCLA**





# What is retrieval practice

- Retrieval practice is a learning strategy, either inside or outside of the classroom, that helps children learn.
- Retrieval practice focuses on getting information out of memory. Through the act of retrieval, which involves recalling information either verbally, or through writing, the memory is strengthened.





# How is retrieval practice different from testing, assessments, exams?

- Retrieval practice is a learning strategy. It is not a formal assessment.
- The focus is 'low stakes' and this is very different.
- Scores and results are not formally recorded.
- Cues and prompts can be provided to offer support.
- Retrieval practice comes in many forms including quizzing and games.





# What are different types of retrieval practice?

- Multiple choice questions or quizzes.
- Verbal recall - talking about what we can remember.
- Writing (from memory) what we can recall; either as a task, or past exam question/paper
- Using mini white boards.
- Games and activities where students have to recall things from memory.



# What are the benefits of retrieval practice?



- It is a powerful strategy to help learners make progress.
- It clearly identifies where gaps in knowledge are.
- Regular retrieval practice can boost confidence and motivation.



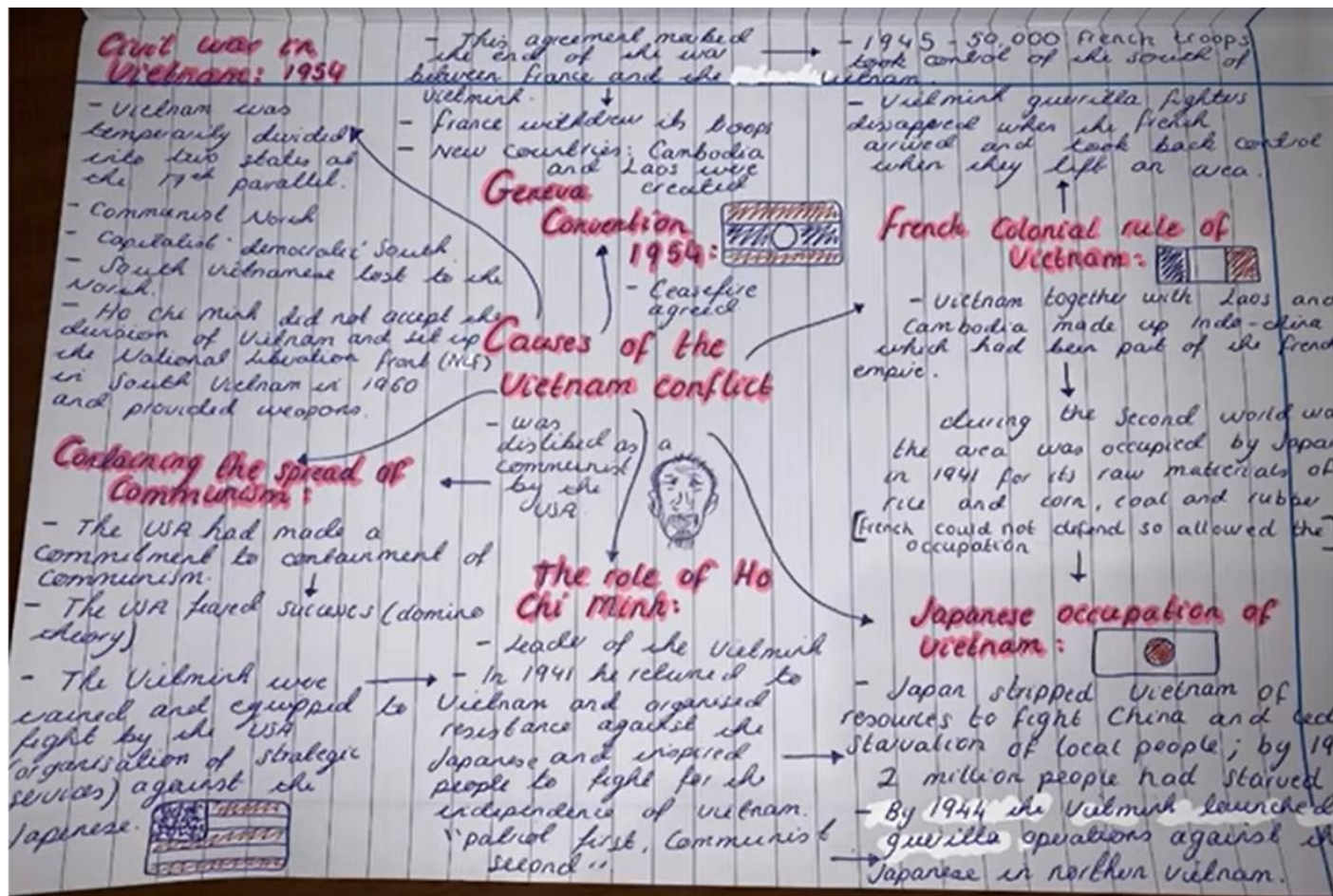


# How can you use retrieval practice at home?

- Ask your child specific questions about content studied in class.
- Ask your child about key vocabulary and the meaning.
- Encourage your child to quiz themselves.
- Intervene if they are using ineffective strategies such as highlighting or underlining notes, re-reading, or simply copying. Use retrieval practice instead.



# Retrieval practice strategies – Brain dump





# Retrieval practice strategies

What was the  
Weimar Republic?

A new system of  
government that did  
not include a Kaiser or  
any other form of monarch.  
It was a republic.





# Retrieval practice strategies



**Flash Cards for Retrieval Practice**



Retrieve

Reflect

Reorder

Repeat





# Flashcards – top tips

- Encourage your child to start creating their own flashcards.
- Ask their teacher to check the flashcards for accuracy if unsure
- Keep them simple - one question and answer on each side, or one key term and definition.
- Use this strategy to help your child, ask the questions, and provide feedback.
- Keep going until they're mastered.



# Retrieval practice strategies – Tools for online flashcards



## Anki Flashcards



Study faster for  
Languages  
Physics  
Medicine



# Retrieval practice strategies

## Write it

Write everything you can recall about life in WW1 trenches



## List it

List keywords and adjectives linked to life in WW1 trenches



## Draw it

Sketch an illustration of a WW1 trench



## Say it

Explain to your partner how life was in WW1 trenches





# Why use retrieval practice?

- Retrieval practice clearly shows you **what you know** and **don't know**.
- When you are aware of the **gaps in knowledge** you can then focus on closing the gaps
- Research and personal experience shows that regular retrieval practice can **decrease student anxiety and boost confidence**.



# Spaced Practice



# What is spaced practice?

5 hours revision time is better used spread over five days than 5 hours in one day.





# Spaced practice principles

1. Start studying early
2. Spread out over time
3. Little and often
4. **Avoid** cramming
5. Be organised





# Other important information

Music?



Phones?



Gender?



Effective study requires **a lot** of self control and self regulation



# Other important information

Sleep



Breakfast



Exercise



Effective study requires **a lot** of self control and self regulation



# Studytubers

- Studytubers on YouTube are inspirational... but a word of caution.

They don't always offer the best or evidence informed advice.







# Recipe for effective revision & successful results ...

Spaced Practice	Retrieval Practice	Mindset	Support	Attendance	=	Success
Spaced Practice	Retrieval Practice	Mindset	Support	Missing	=	Lower results
Spaced Practice	Retrieval Practice	Mindset	Missing	Attendance	=	Anxiety
Spaced Practice	Retrieval Practice	Missing	Support	Attendance	=	Under performance
Spaced Practice	Missing	Mindset	Support	Attendance	=	Ineffective strategies
Missing	Retrieval Practice	Mindset	Support	Attendance	=	Cramming



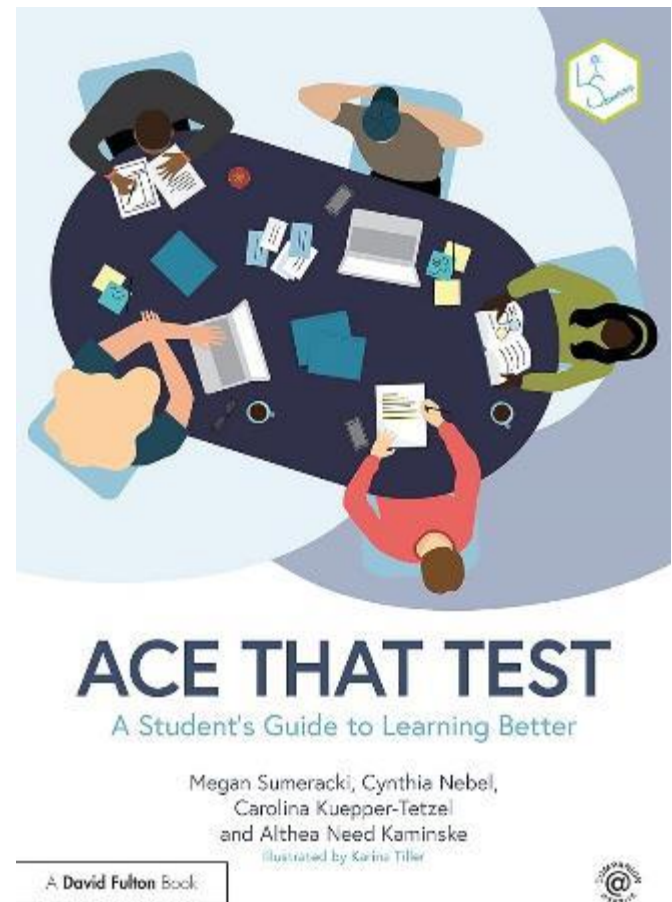
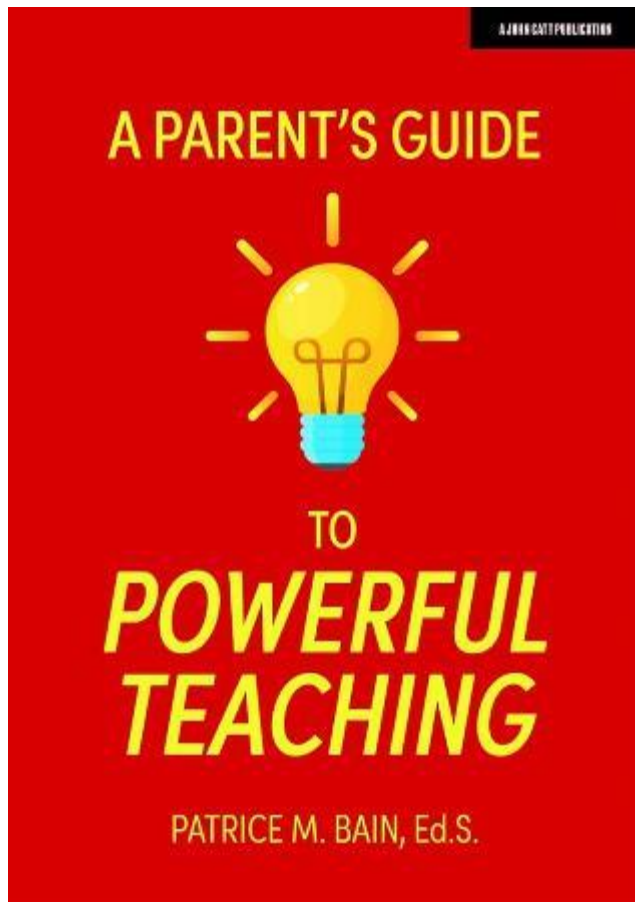
**Learning happens over time**

**Forgetting is part of the learning process**

**Retrieval practice shows what we know and don't know**



# Recommended reading





Thank you!

Questions?

