

Introduction to Study Skills

Metacognition – understanding how you learn.

Revision – to look at the things you have already covered.

- Metacognition and revision work together: If you understand how you learn, then you can select the best revision methods for the way you learn.
- Regular and repetitive revision is the most effective way for students to learn.
- A variety of study skills should be used because it encourages greater thinking.

Online Resources

- Use those recommended by your teachers.
- When you search for something, be more specific, e.g. Search for 'KS3 Animal cell' and NOT 'animal cell'.
- Use them effectively:
 - Note down what you have learnt.
 - Write down all the key facts.
 - Make sure you can recall the information.
- Websites you might use (other than those recommended by subject teachers):
 - BBC Bitesize
 - You Tube

Things to avoid:

1. Never having a plan
2. Leaving revision until the night before
3. Spending hours studying but not achieving anything
4. Distractions from Social Media and phones (put on silent).
5. Having the television/computer on as background noise, e.g. a film
6. Not asking the teacher for help
7. Trying to learn things WITHOUT understanding them.
8. Not organising your notes
9. Ignoring your mistakes – you can learn from them.

Support from School

- Students are introduced to study skills in year 9 in a weekly session during PM registration. They continue into year 10 and 11.
- Home Learning Club is available:
Monday's, Tuesday's and Thursday's: IT2 3.15 - 4.15 pm. No need to book - students stay as long as they need to.
- For subject exams or tests, subject teachers provide revision list, revision materials and/or recommended websites on Edulink.
- Learning Resource Centre is available, which is open every day at break-time and lunch time.

Well Being is IMPORTANT
see 'The 4 Pillars of Well Being'
(link on website)

Year 9 Study Skills

To develop independent learner skills and prepare for GCSE's.

Different Study Skills (Try them all!) (Information can be found on the website)

- Flash cards
- Dual Coding
- Mind maps
- Brain Dump
- Self-quizzing, Highlighting
- Memory retrieval, Chunking
- Re-reading, Key words, Cornell notes

Coping with Exam Stress

- Signs of exam stress include:
 - Struggling to get to sleep or not sleeping well during the night
 - Mood swings or feeling irritable
 - Changes in eating habits or loss of appetite
 - Headaches or migraines
 - Low confidence or self-esteem.
- Managing exam stress:
 - Talk to someone (parent, carer, teacher, trusted adult, friends)
 - Set boundaries (not always discussing exam and stress)
 - Take care of yourself (see 'The 4 Pillars of Well Being')
 - Stick to a routine, e.g. revision timetable, going to sleep.
- Extra Revision tips
 - Celebrate success, e.g. when you've finished learning a particular topic
 - Take breaks.
- Keeping calm during exams:
 - Breathe – take a few deep breaths in and out to relax your brain and body.
 - Focus on the paper – read the instructions first.
 - Move on if you get stuck – you can come back to it
 - Take your time.
- Dealing with Exam results:
 - Distract yourself – stop you worrying before you get them
 - Keep things in perspective – results aren't everything
 - Don't compare yourself to others
 - Explore next steps
 - Celebrate success
- Further Support
 - Childline: www.childline.org.uk
 - Young Minds: www.youngminds.org.uk
 - Bitesize Support: www.bbc.co.uk/bitesize/support

Study Space

1. Organise your revision space
2. Get rid of distractions
3. Make sure you're comfortable
4. Lighting
5. Use a clock/watch
6. Have everything ready
7. Have all equipment (pencil case, post-it notes, flash cards)
8. Make it a dedicated, study-only area.

Making a Revision timetable (this can reduce exam stress)

1. Plan ahead
 2. Put in the exams
 3. Allow for your other activities (NOT an excuse for no revision)
 4. Ensure you revise for ALL subjects.
 5. Include breaks in study times.
 6. Use monthly or weekly planning (see examples)
 7. Set realistic targets.
- (See links on website for monthly and weekly planning templates.)