



STRATEGIES FOR SUCCESS!

Study Skills



Strategies for Success

This Guide should provide you with some helpful tips on how to; maximise your learning, prepare for your upcoming class tests, achieve your full potential!

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When studying, we have a very simple plan that will help us achieve success.

4 Steps to Success



Understand it.



Condense it.



Memorise it.



Review it.

STEP

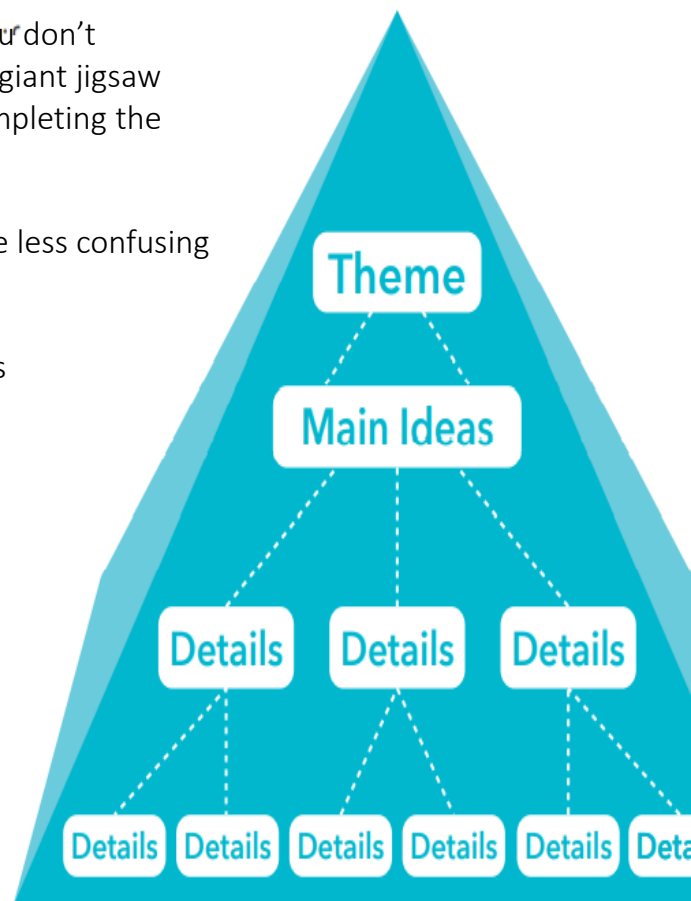
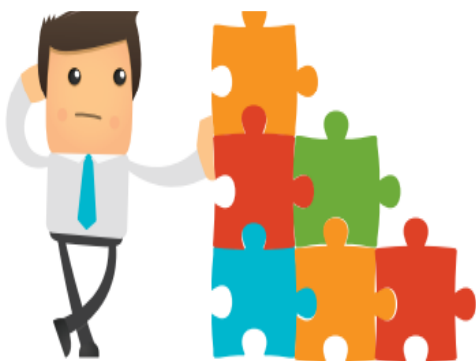
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Understand it

You won't remember a unit of work for long if you don't understand it. Think of each topic you study as a giant jigsaw puzzle and everything you learn as a piece to completing the puzzle.

If you understand how it all fits together, it will be less confusing and you will be able to remember more easily.

Try breaking larger topics down into smaller parts
E.g Themes, Main Ideas, Details →



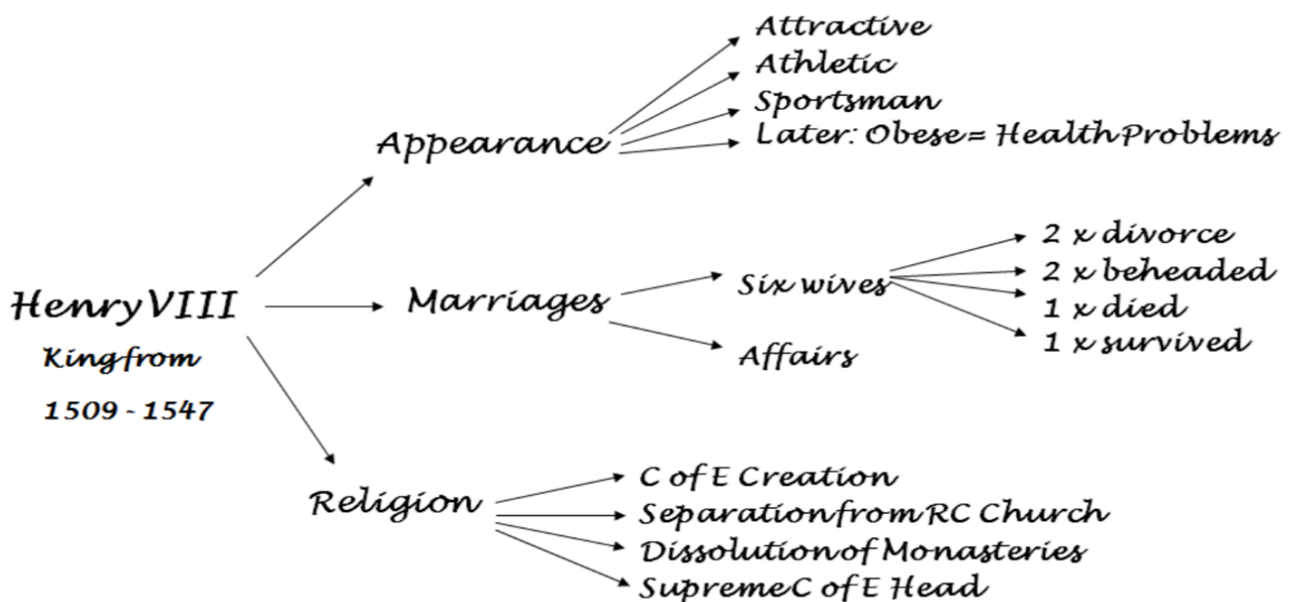
The brain can only think about so much! It is therefore important to try and condense large topics into smaller portions – this will help us understand topics more effectively and create connections between related topics. Flow charts, Cue Cards, Mind Maps are techniques we can use to condense information. See the example that has been condensed into a flowchart below.

Henry VIII



Henry VIII was King of England from 1509 until his death in 1547. Henry is said to have been an attractive, well-built and very athletic man, accomplished at many sports. Later on in life, he had a succession of health problems, partly due to becoming very obese. He is famed for having been married six times. He divorced two of his wives, another two of his wives were beheaded, one wife died and then Henry himself died whilst married to his sixth and final wife. As well as being married six times, Henry is known to have had many affairs.

Henry VIII is also famous for his part in the English Reformation - the creation of the Church of England by separation from the Roman Catholic Church. His squabbles with Rome, which were mainly due to the issues surrounding divorce, eventually led to the dissolution of the monasteries and the establishment of himself as the Supreme Head of the Church of England.

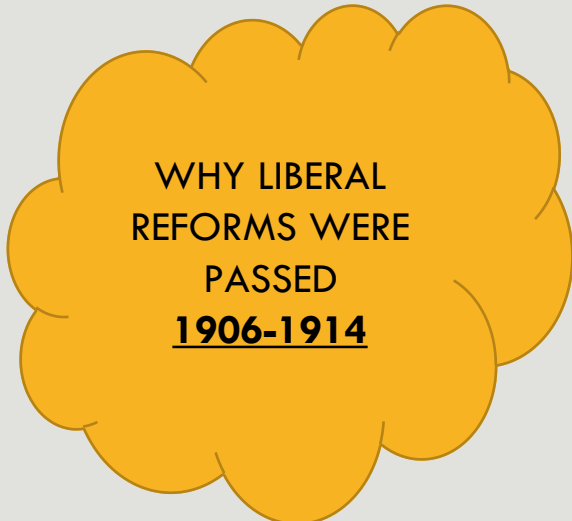


Another effective revision tool to use to help you condense and memorise key information. Is Flash or Cue Cards.

A flash card should have a key idea on one side with important information on the other.

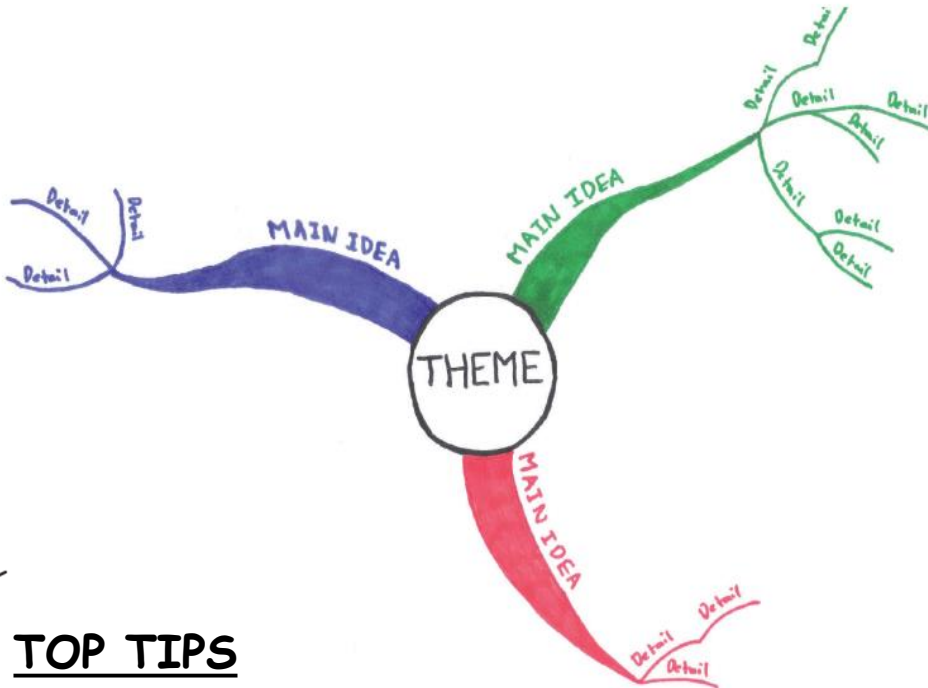
Once you have made your flash card, you should revisit it regularly and have someone test you on it.

See an example from a Modern Studies topic below -

Front of flash-card	Back of flash-card
 <p>WHY LIBERAL REFORMS WERE PASSED <u>1906-1914</u></p>	<p>National Security/Efficiency – <u>1/3</u> of recruits were unfit for service in Boer War => showed poor health linked to poverty</p> <p>Booth & Rowntree – Booth found <u>30% of London</u> in poverty/Rowntree found <u>28% in York</u>/ revealed real reasons for poverty => Showed not always individual's fault</p> <p>Influence from Abroad – Germans had introduced national insurance & pensions => worked well/Britain could do same</p> <p>New Liberalism – David Lloyd George & Winston Churchill helped to change minds in Liberal Party</p>

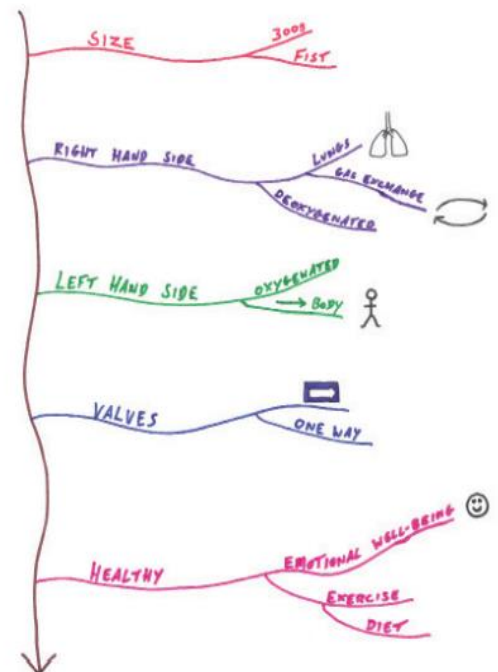
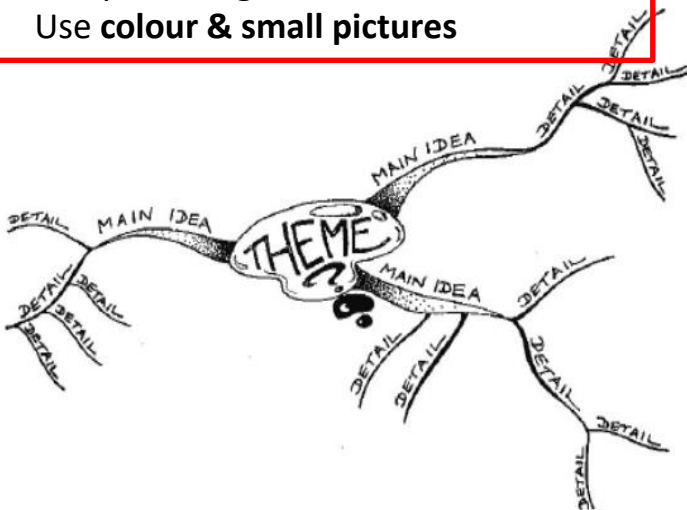
Association Maps (A - Maps) are an excellent memory tool for large topics, but can help you understand and condense information too.

Your memory likes logic and imagination because of what goes on in each half of your brain. Your right brain is for creativity and your left-brain is for logic. When the two halves work together you are stimulating more activity in your brain. This means you are unstoppable!



TOP TIPS

- Start with a **main central idea or topic**
- **Smaller branches** for sub-topics
- **Link** related topics/ information
- Use your **imagination**
- Use **colour & small pictures**



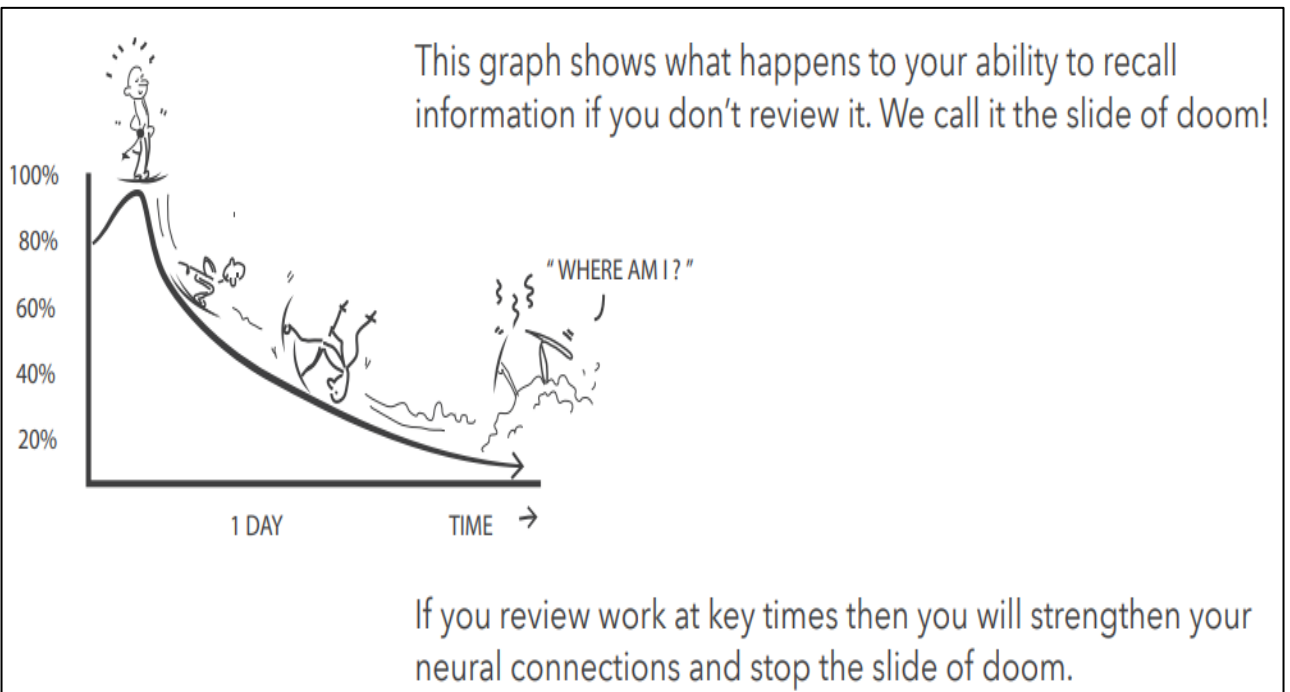
Getting Rid of **REVISION!**

Revision is a filthy word! It probably conjures up many negative images in your head. Revision is one part of your learning you have complete control over.

When we learn something, new links are formed between neurons in the brain.

When you use a memory technique, it makes the connections even stronger.

But over time those connections will start to fade if you don't use them from time to time.



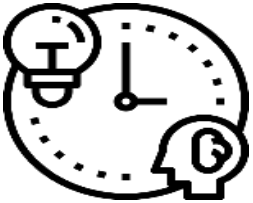


Pomodoro Technique

Small 25 minute sessions = 5 minute break

After 3 sessions = 30 minute break

Move around during your break to keep your attention span at peak performance



Spacing

Smaller chunks over a long time is more beneficial than

cramming an entire subject in one day. An hour of Physics each day for 3 days spread throughout the week, is much more effective than 3 hours in one day.



Interleaving

This is where you mix up the subjects and topics you

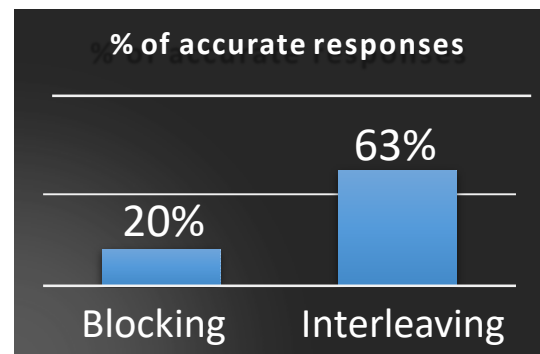
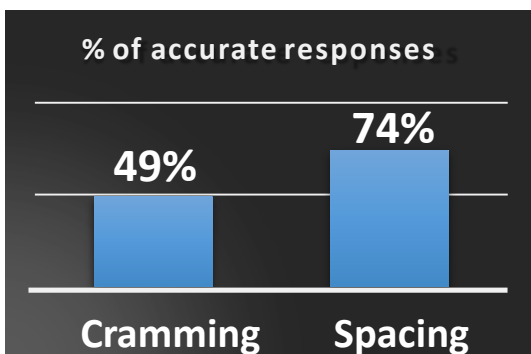
revise - 30 minutes of Shakespeare, 30 minutes of algebra, 30 minutes of Poetry, rather than three hours English only.



Consistently Test/ Quiz Yourself - *Bitesize/ Kahoot/ Socrative etc.*



Teach Someone - Studies suggest that you can recall far more information after teaching a topic to someone else (e.g friend/ family member). Try this out, give a talk/ presentation/ lesson to someone close to you!



Creating an Effective Study Environment



Top Tips

Tip 1 - Short & Regular

Divide your study time into smaller chunks that are punctuated by periods of rest. It's really important to take some periods of rest when doing intense mental activities such as studying. It's not for no reason that the [Pomodoro technique](#)—a time management method developed by Francesco Cirillo in the late 1980s—is a popular one for learning. It proposes to work/study in smaller chunks of 25 minutes, and take a 5 minute break in between those chunks.

Tip 3 - Study Space

The best way for you to “get into the zone” while studying is to, well, get into the zone. Your study zone. If possible, have a specific location for your studies as this will help trigger the habit as soon as you enter the room or place. The most effective study zones are well organised, cool, well lit, and distraction-free.

“An organised space = An organised mind”

Tip 5 - Phones/ Social Media

The leading internet blocker, Stop Procrastinating, has announced that 64% of students have cited online distractions such as social media as a hindrance to their productivity. Facebook, Twitter, Snapchat, and shopping websites were among the sites that students found the most distracting.

To ensure concentration levels remain high and steady throughout study, you should avoid phone use and turn off your social media notifications.

Once you have completed a task or a study period then take a break and use your phones/ social media but avoid use whilst studying unless absolutely required!

To watch our video on how to create an Effective Study Environment



Tip 2 - Routine Study Times

When placing your study sections on your calendar, choose times during the day when you are at your peak performance. Some people work best in the mornings, and others, at night. If you're unsure when you work best, try studying at different times of the day to see which suits you and your body clock best.

Setting a specific time in the day to study will prime your brain to be more focused and productive during this time, if repeated regularly.

Tip 4 - Be Prepared

Failing to prepare is preparing to fail!

When studying you should ensure that they have everything you will need within your study session. This will avoid a situation where you might have to interrupt study in order to fetch anything else you may require. Being well prepared with all class notes, textbooks, jotters, past papers, stationary, will avoid unnecessary disruption of focus and concentration levels.

Tip 6 - Music (Yes or No?)

If you are someone who likes to use music to help you study, then try to choose music without words and stick to instrumentals – and make sure it's not too loud or changes volume repeatedly.

Music that you really like or that has a lot of variety in it (changing tempo or loudness) is hard to ignore. Calming, instrumental music with a regular beat is thought to increase focus levels. Below is a link to a Music for Focus playlist, try it out!

www.youtube.com/watch?v=HlIG2NKnsVA&list=PLED4p6f975xIz3kLQH-KSrWVsQmY5_PCa&index=1

www.youtube.com/watch?v=LcQShVA8WaU

Time Management - Planning your Study

On the run up to your exams/ class tests, it is important to schedule when we will study. This will save us time in the long run and will help us feel much more calm, organised, and efficient!

On the study schedule template provided;

- ❑ Fill in when and how long you will study for each of your chosen subjects.
- ❑ It is important to have balance too so add in other commitments that are important to you (e.g exercise, sports, clubs, instrument lesson, part-time job, meeting with friends etc...)

Remember

- ❑ Include sessions for all chosen subjects.
- ❑ *Remember* - Shorter consistent study sessions spread throughout the week are much more effective than cramming on one or two days for long periods! (See page 6)
- ❑ You could try to Interleave your study - This is where you mix up the subjects and topics you revise - E.g 30 minutes of Shakespeare, 30 minutes of algebra, 30 minutes of Poetry, etc - rather than block study (three hours total of English). Experiment and find out what works for you best!

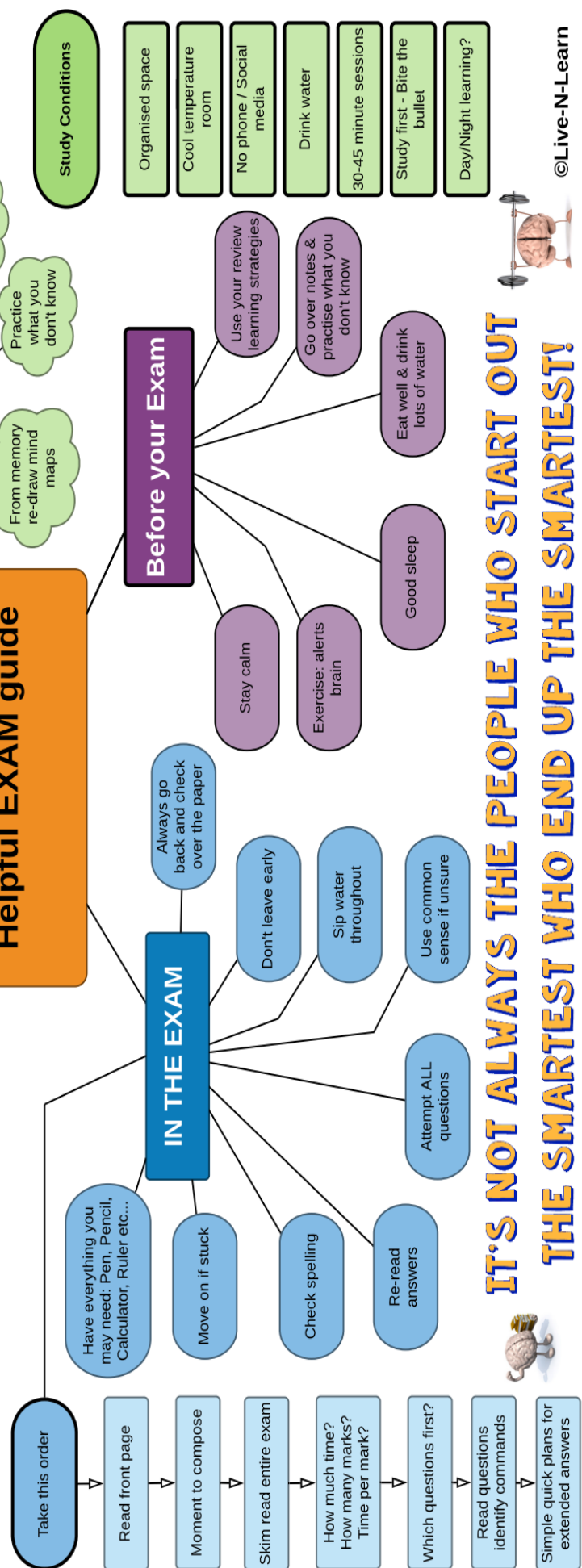
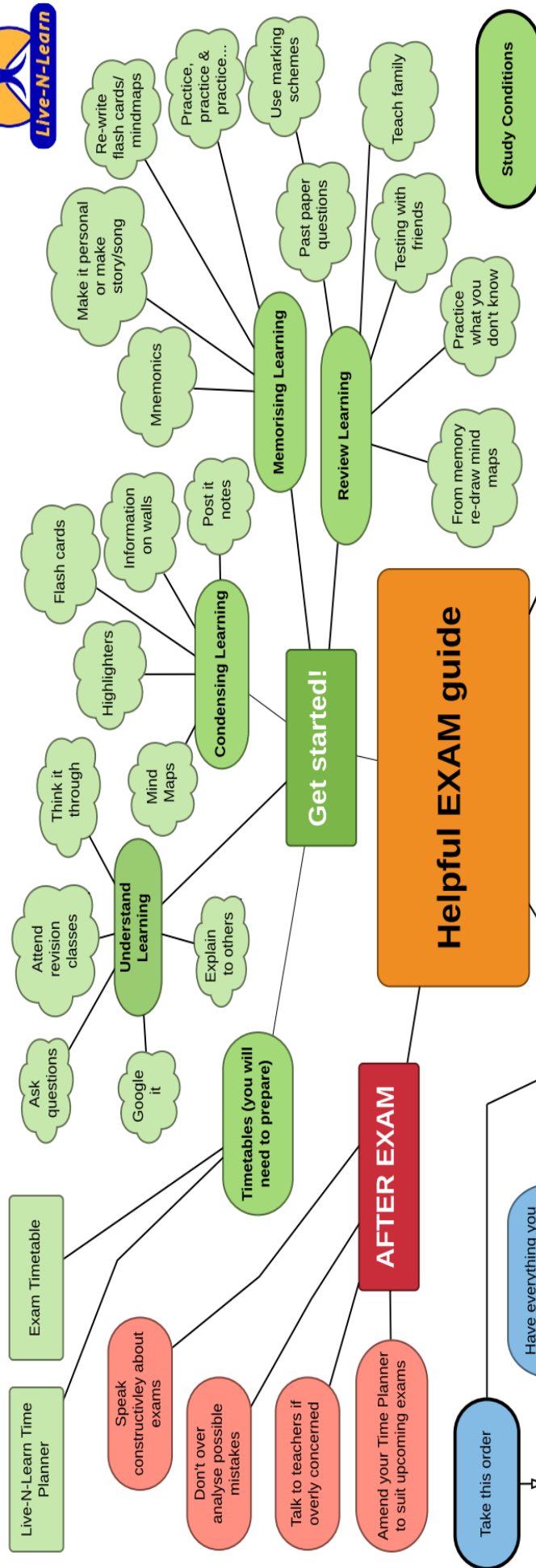


Week Days	7-8	8-9	School	4-5	5-6	6-7	7-8	8-9	9-10						
Monday															
Tuesday															
Wednesday															
Thursday															
Friday															
Weekend	7-8	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10
Saturday															
Sunday															



EXAM PREPARATION

NAME: _____



- Study Conditions**
- Organised space
 - Cool temperature room
 - No phone / Social media
 - Drink water
 - 30-45 minute sessions
 - Study first - Bite the bullet
 - Day/Night learning?

IT'S NOT ALWAYS THE PEOPLE WHO START OUT THE SMARTEST WHO END UP THE SMARTEST!

