



STUDY TECHNIQUE

BGE Information Evening 2023

AIMS



To share information and strategies to support personal study.

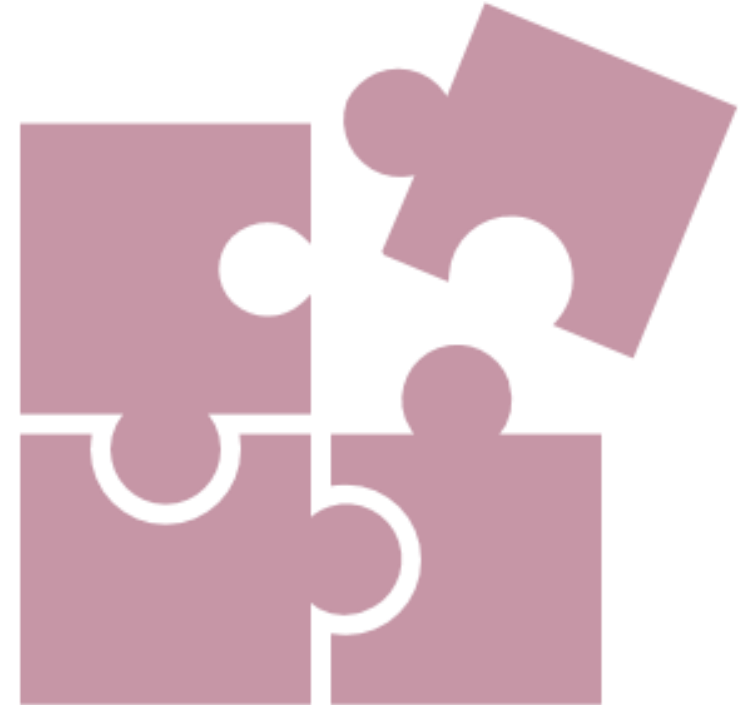


To enable parents and carers to support their child's learning at home.

STUDY TECHNIQUE

Effective study technique incorporates:

- Study Environment
- Organisation
- Study Skills
- Mindset



These factors work together like pieces of a jigsaw.

**STUDY
ENVIRONMENT**



STUDY ENVIRONMENT

Try to create a study environment that is:

- Well lit
- Quiet
- Tidy
- Distraction free

Avoid studying in bed!



STUDY ENVIRONMENT

Creating an effective study environment can be challenging.

Remember, support is available in school:

- **School Library**
- **Quiet study spaces**



TOP TIPS

Encourage your child to take ownership of their work-space .

Place importance on this space within the home.

ORGANISATION



RESOURCES

It's important to dedicate a few minutes each day to organising your child's resources.

This can seem like a tedious task at times but don't underestimate the power of this activity.

A disorganised school bag and workspace can become a barrier to learning and progress.

SCHOOL BAG

Empty

Empty your child's school bag of unnecessary items and resources daily.



Refill

Refill with equipment and resources for the day ahead.



Involve

Involve your child in this process and discuss the benefits of organisation with them.



Repeat

Repeat this act at the same time each day, so it can become a routine like brushing your teeth.

WORKSPACE



Tidy daily.

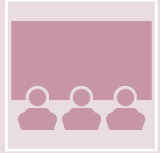


File resources in subject specific folders.



Recycle regularly.

TIME MANAGEMENT



Use a study plan.



Study in 30-minute chunks (or less).



Take regular, short breaks.

**STUDY
SKILLS**



4 STEPS TO EFFECTIVE STUDYING



UNDERSTAND



CONDENSE



MEMORISE



REVIEW

1. UNDERSTAND

- Attend lessons
- Listen to teachers and peers
- Read notes within 24 hours
- Discuss topics
- Ask questions
- Watch videos and documentaries
- Teach someone
- Google search



2. CONDENSE

- Post its – extract key words, phrases and ideas and write them on individual post-its
- Mind maps – map out ideas about a particular topic
- Flashcards - create two sided flashcards
- <https://www.youtube.com/watch?v=oY4sUQzXJ1g>



MIND MAPPING



Start with a central idea



Create branches



Follow with sub-branches



Use single words or short phrases



Incorporate colour and images



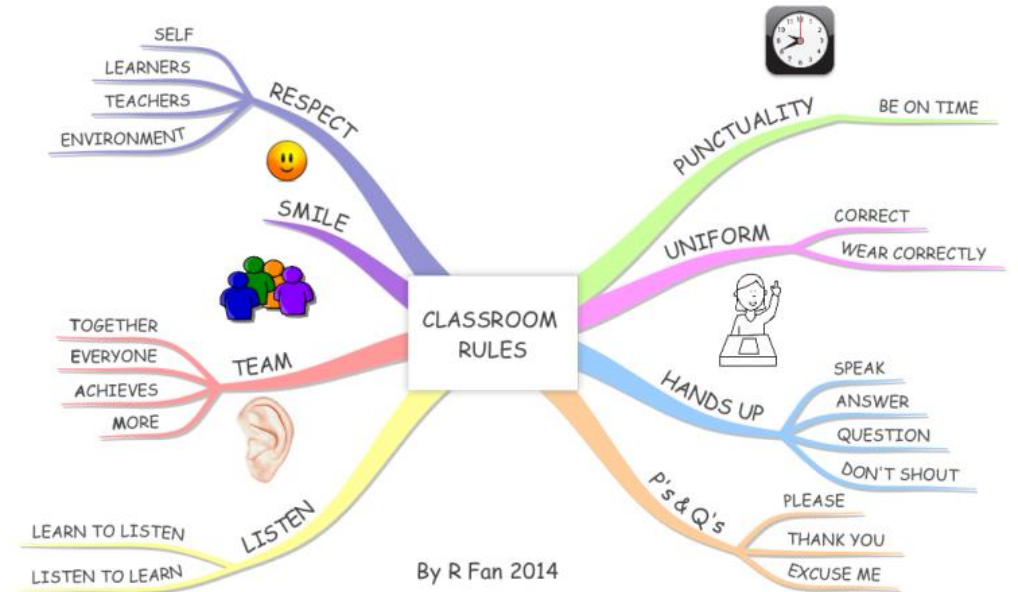
Avoid overcrowding



Turn your paper to landscape



Try a digital mind mapping tool



POST ITS

- Group post its on a specific topic by colour.
- Display post its around the home.



FLASH CARDS

- Keep it simple.
- Use colour and images.
- Flashcards can also be used to help you memorise information.

Front of Flashcard	Back of Flashcard
Poetic Techniques	Imagery Word Choice Alliteration Structure

3. MEMORISE

- Make up mnemonics
- Redraw a mind map
- Keep condensing
- Flashcards
- Say it out loud
- Record your voice



4. REVIEW

- Revisit topics after 24 hours, then again after one week, two weeks, one month and so on to commit to long term memory.
- Ask a friend or family member to test you.
- Complete practice questions.



**GROWTH
MINDSET**



GROWTH MINDSET

Fixed Mindset:

People with a fixed mindset believe qualities like intelligence or talent are fixed traits.

Growth Mindset:

People with a growth mindset believe abilities and intelligence can improve over time, through hard work, dedication and practice.



PEOPLE WITH A GROWTH MINDSET



Embrace challenges



Learn from mistakes



Welcome feedback

ENCOURAGING A GROWTH MINDSET



When your child encounters challenges during personal study, they may typically use language associated with a fixed mindset which can lead to feelings of anxiety.



You can encourage your child to reframe their way of thinking by giving them the language to express their concerns differently.

INSTEAD OF



I can't do this.

TRY SAYING



I can't do this yet.

INSTEAD OF



I give up.

TRY SAYING



I will try a different strategy.

INSTEAD OF



It's too hard.

TRY SAYING



I need more time to work on this.

INSTEAD OF



I've made a mistake.

TRY SAYING



What can I learn from this?

INSTEAD OF



You're so clever.

TRY SAYING

I can see how hard you worked on that.

INSTEAD OF



This is easy for you.

TRY SAYING

**Let's try something more challenging for you
so your brain can continue to grow.**

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ANY QUESTIONS?

If you have any questions about your child's learning, please do not hesitate to contact the school office.