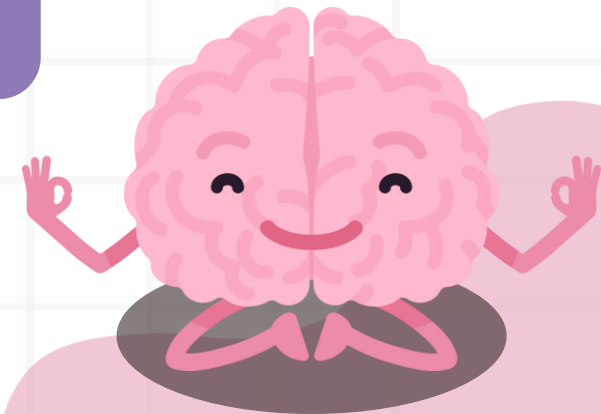


STUDY TECHNIQUES

BGE FAMILY LEARNING EVENT 2024

Melissa Kerr
Teacher of History and
Enhanced Learning



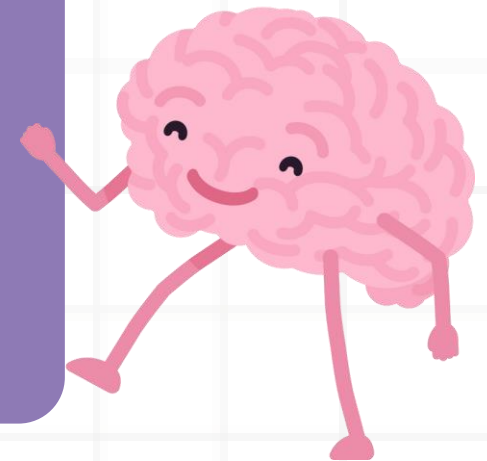
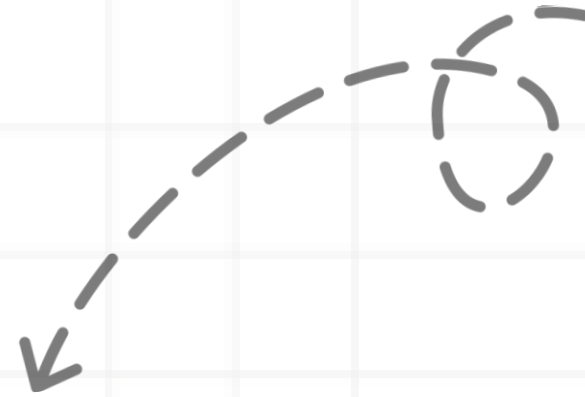
AIMS OF THE SESSION:

01

To share information and strategies to support personal study.

02

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



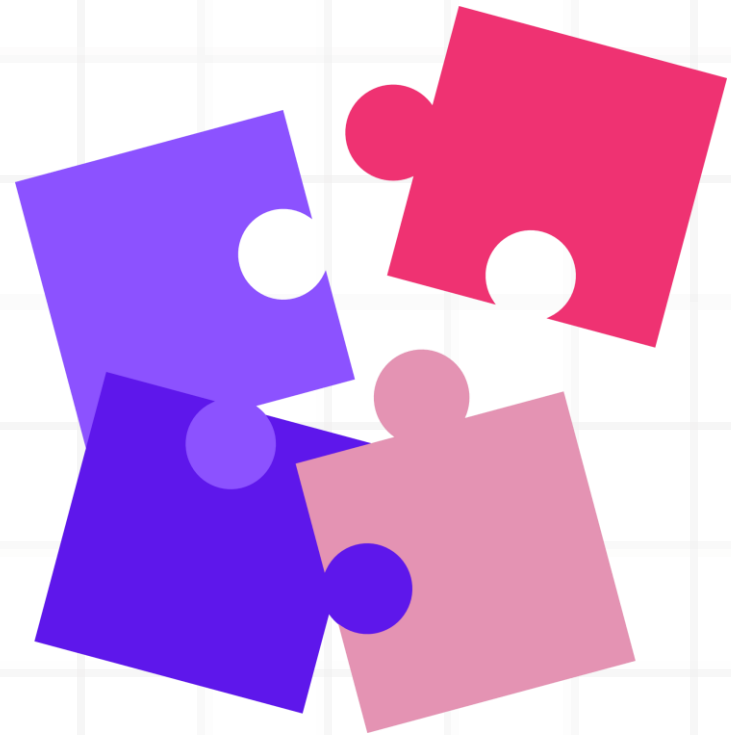
llll

STUDY TECHNIQUE:

Effective study technique incorporates:

1. Study Environment
2. Organisation
3. Study Skills
4. Mindset

These factors fit together like pieces of a jigsaw!



llll

STUDY ENVIRONMENT



Try to create a study environment that is:

Well lit

Quiet

Tidy

Distraction Free

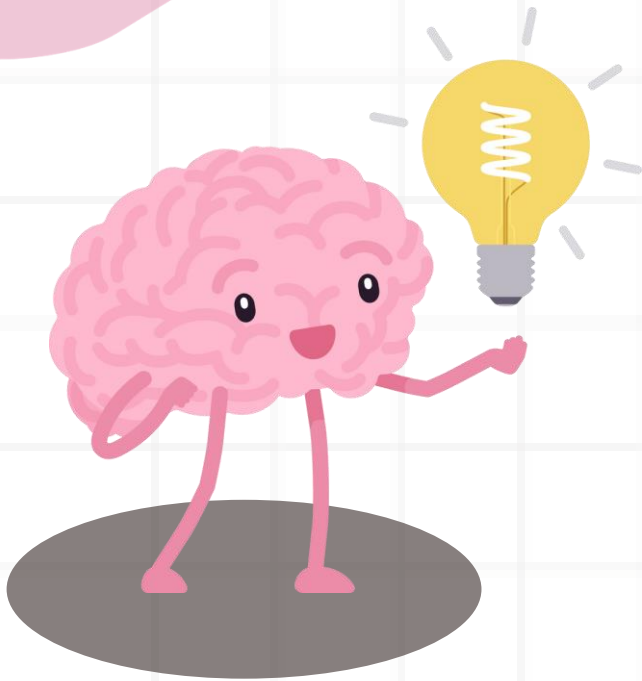
Avoid studying
in bed!!

Creating an effective study space can be challenging, so make use of spaces available in school!

TOP TIPS:

Make use of quiet study spaces in school (the school library, quiet study spaces, homework club)

Encourage your child to take ownership of their own workspace and place importance on this space in the home.



ORGANISATION



RESOURCES

It is important to try to dedicate time 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 workspace and schoolbag can become a barrier to learning and progress.

Having separate folders for each subject is a good way to keep resources, jotters, and booklets organised.



SCHOOL BAG

EMPTY

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

REFILL

Refill with resources and equipment for the day ahead.

INVOLVE

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

REPEAT

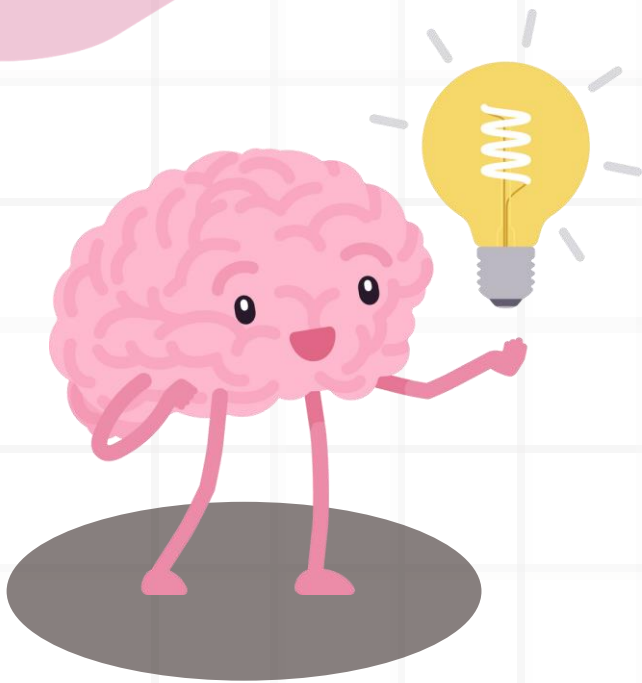
Repeat this daily so that it becomes a routine!



TIME MANAGEMENT:

Have a study plan so that you know what you will study and when.

Study in chunks of 30 minutes or less, with regular short breaks.



WEEK AT A GLANCE

	Monday	Tuesday	Wednesday	Thursday	Friday
4:30-5:00	Create biology flashcards	Mathematics Homework Questions	Practice biology flashcards	Work on art project	Test yourself on English quotes
5:15-5:45	History Topic 1 Mind map	Practice piano pieces	History Topic 2 Mind map	Geography Homework	Mathematics Practice Questions
5:45-6:45	DINNER	DINNER	DINNER	DINNER	DINNER
6:45-7:15	Geography Bitesize Quizzes	Teach mum about Chemistry topic	Practice violin pieces	Create a timeline of an important historical figure's life.	Create an infographic on Cell Types for biology

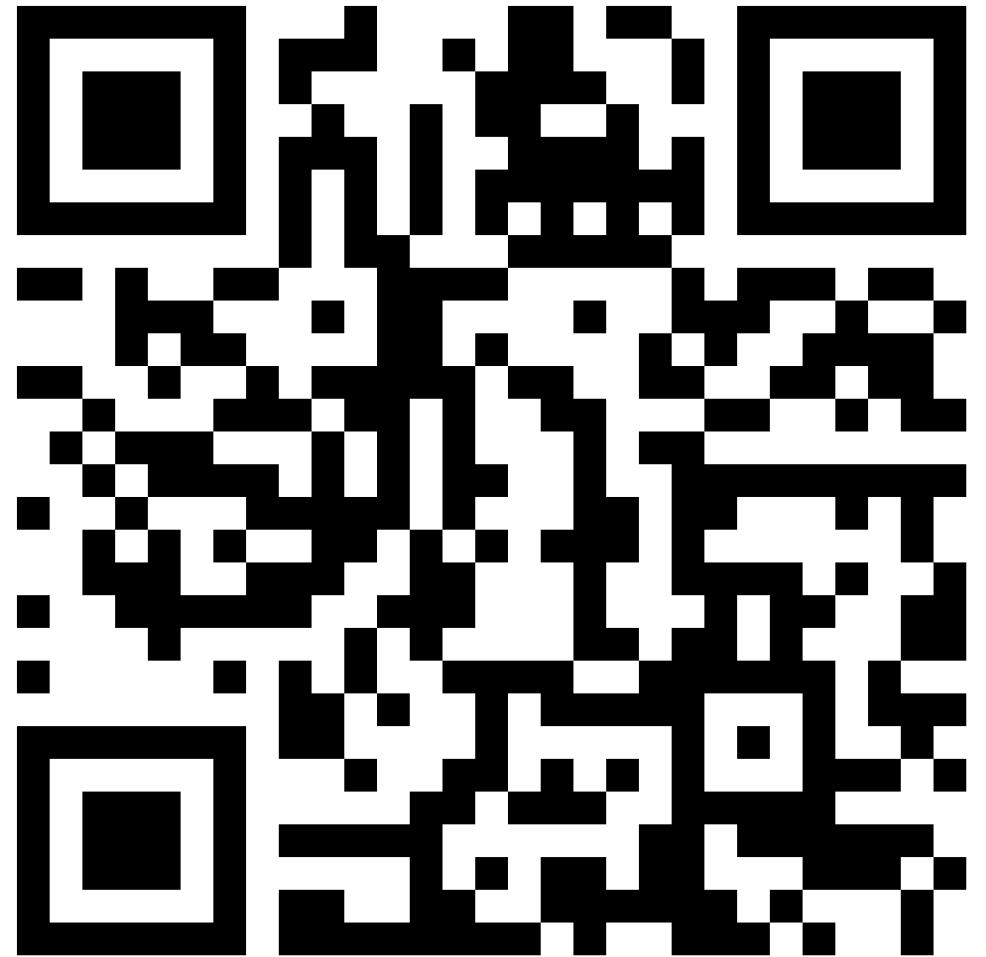
STUDY SKILLS



PADLET

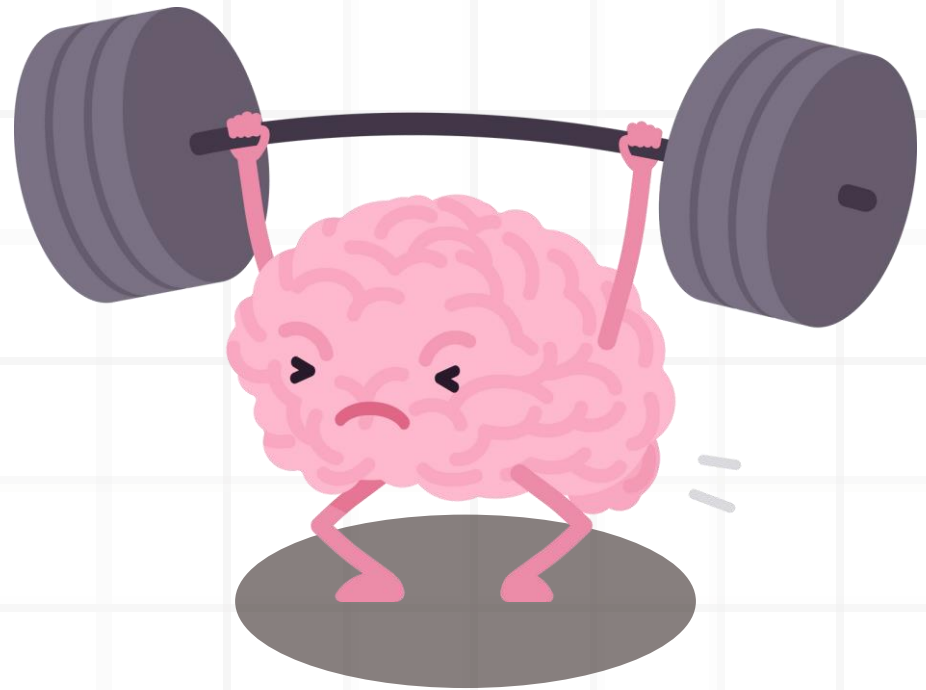


Scan the QR code and type in as many different **study techniques** that you can think of.



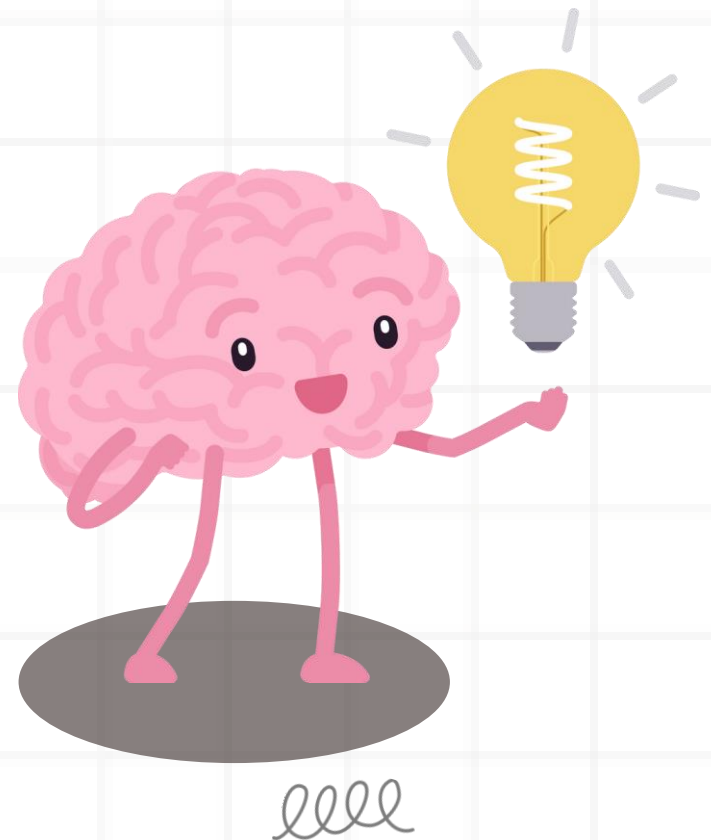
4 STEPS TO EFFECTIVE STUDYING:

1. Understand
2. Condense
3. Remember
4. Review



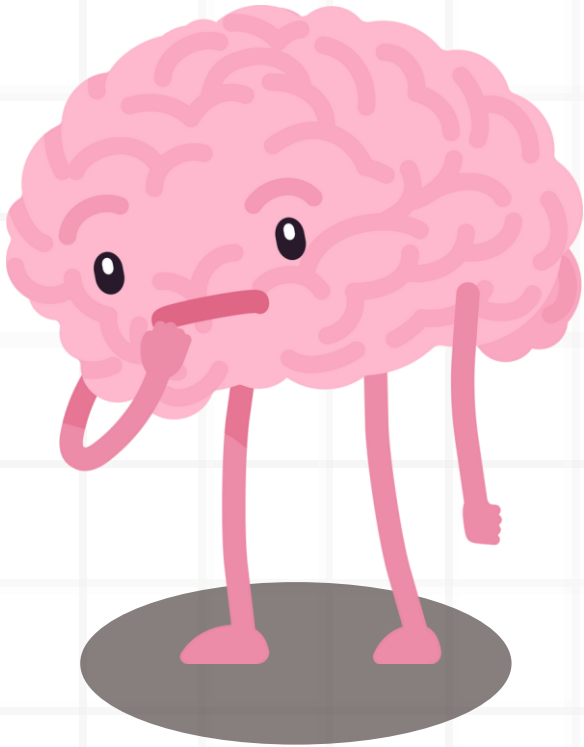
1. UNDERSTAND

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



2. CONDENSE

- Post Its - extract key words, phrases or ideas and write them on individual post-its.
- Mind Maps - map out ideas on a particular topic.
- Flash Cards - create two sided flashcards.



llll

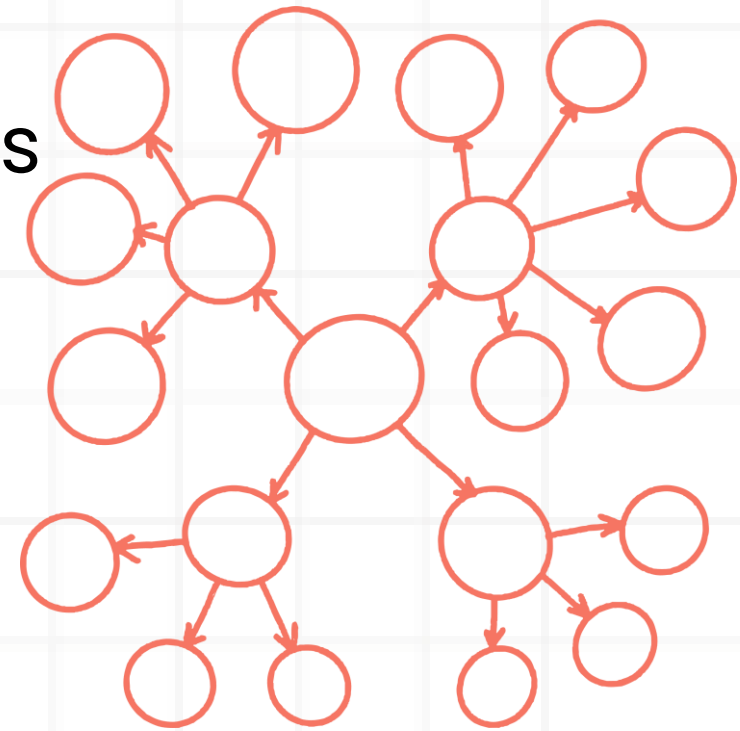
POST ITS

- Colour code post-its for similar topics.
- Display these around room/home.
- Put a question on a post-it note that must be answered when they walk past it. You can take it down when it is learned!

llll

MIND-MAPPING

- Start with a central idea
- Create branches
- Follow up with sub-branches
- Using single words or short phrases
- Incorporate colour and images
- Avoid overcrowding
- Turn your paper landscape
- Try a digital mind-mapping tool



llll




FLASH CARDS

- Keep it simple
- Use colour and images
- Flashcards can be useful for memorising information



POETIC
TECHNIQUES

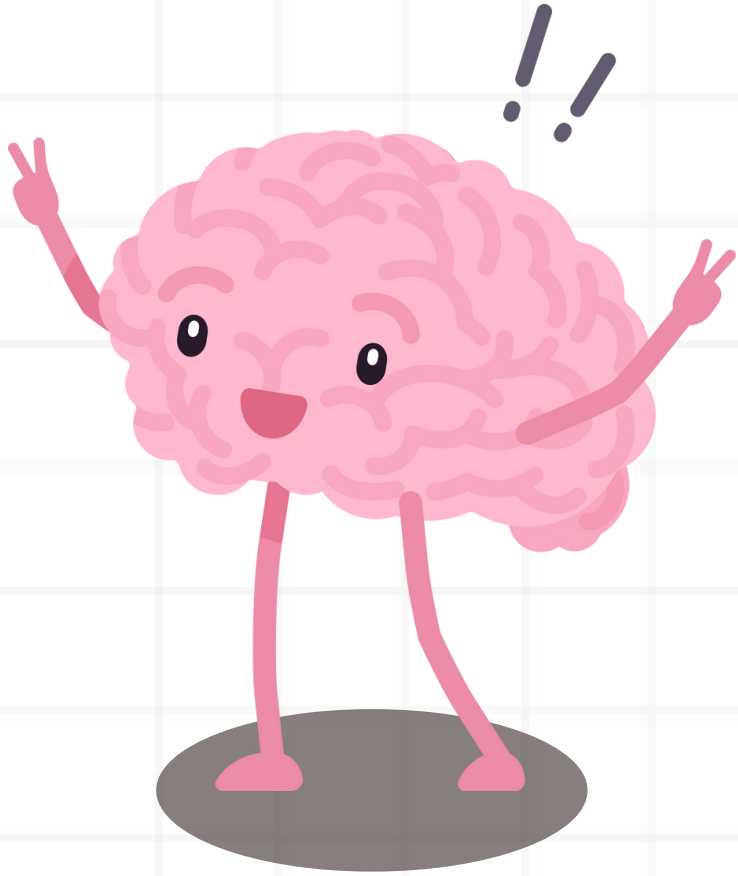


IMAGERY
WORD CHOICE
ALLITERATION
STRUCTURE



llll

3. REMEMBER

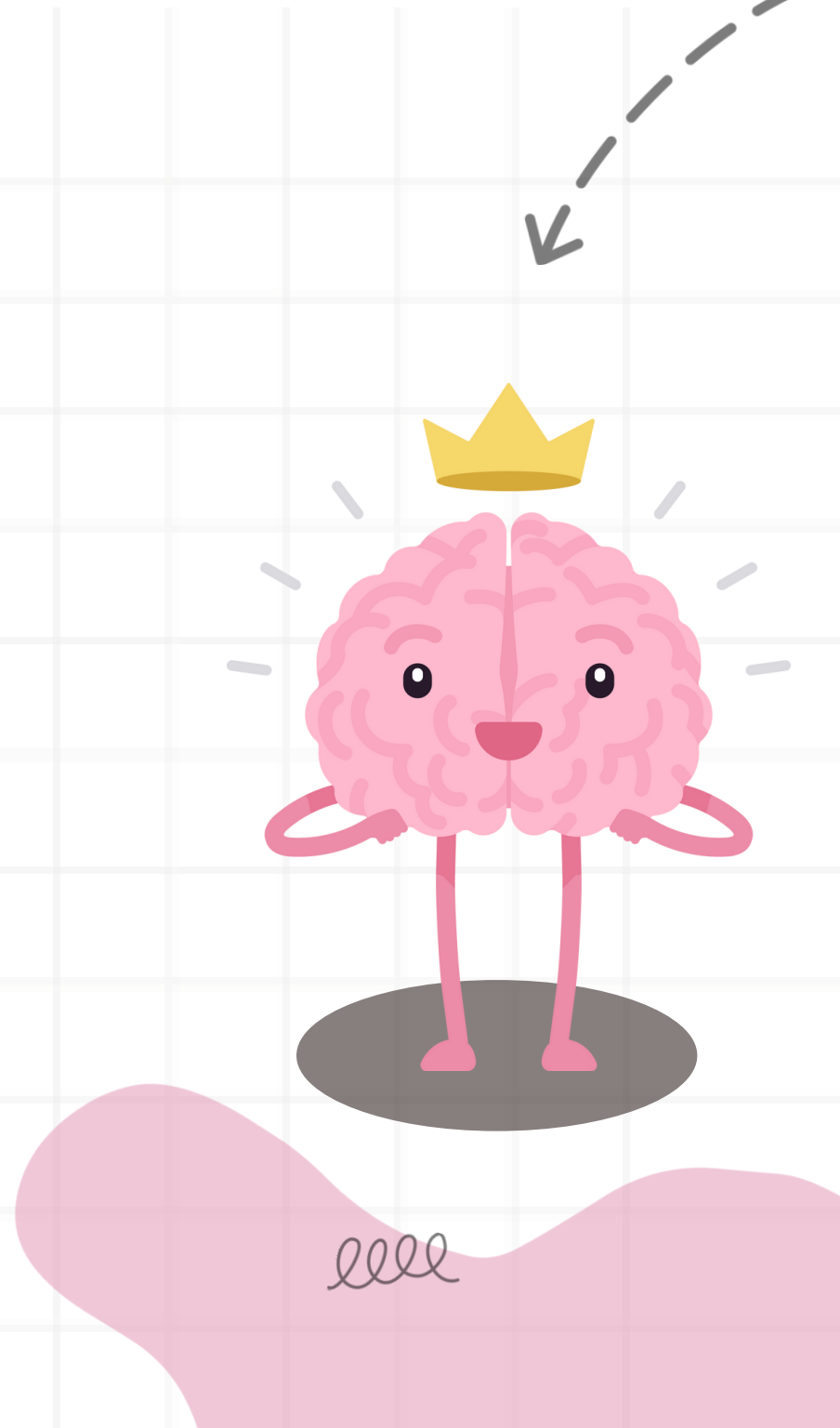


- Make up mnemonics
- Redraw a mind map from memory
- Test yourself on flashcards
- Teach someone else
- Record your voice
- Say it out loud
- Keep condensing!

llll

4. REVIEW

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



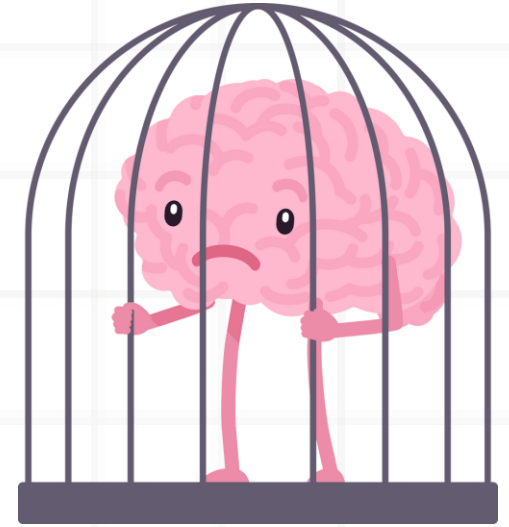
GROWTH MINDSET





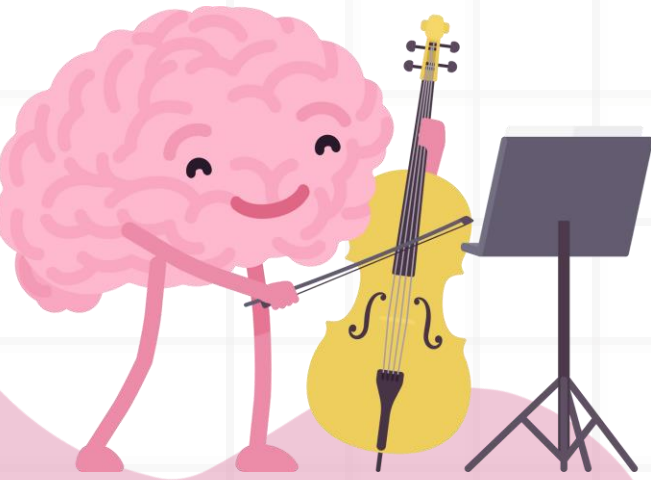
FIXED MINDSET

People with a **fixed mindset** believe that qualities like intelligence or talents are **fixed traits**.



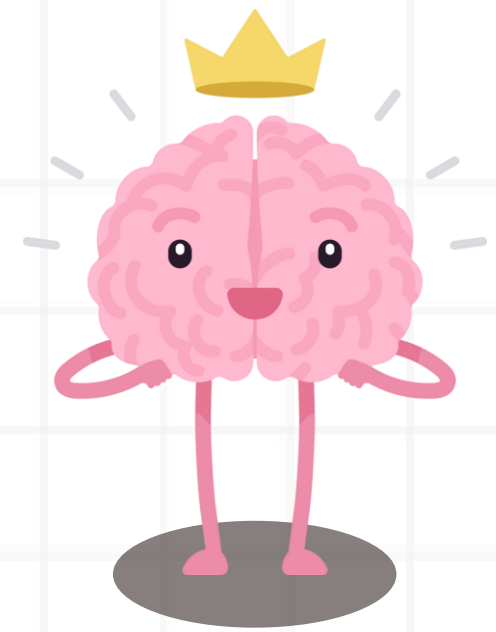
GROWTH MINDSET

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



GROWTH MINDSET

People with a growth mindset embrace challenges, learn from mistakes and welcome feedback!



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

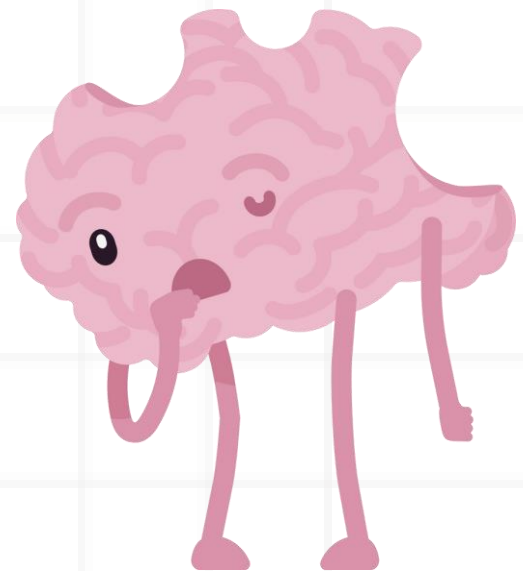
You can encourage your child to reframe their way of thinking by giving them the language to express their concerns differently.

llll

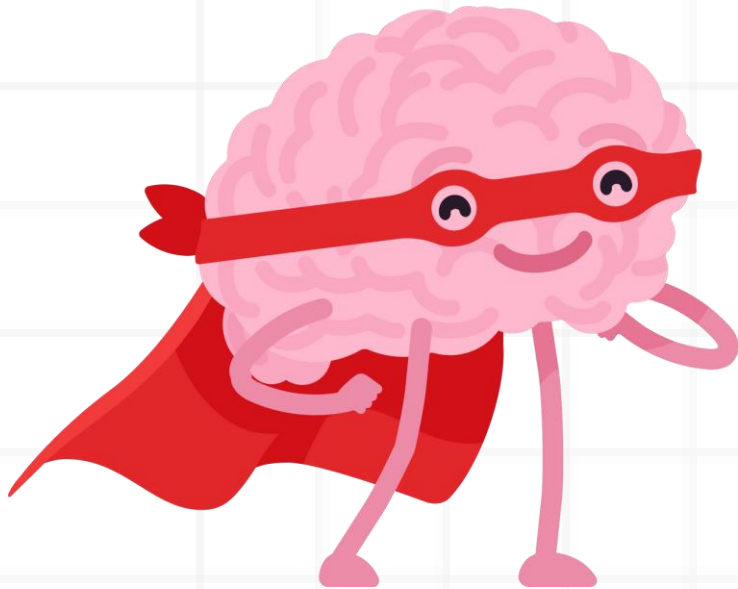
INSTEAD OF...



I CAN'T DO
THIS



TRY SAYING...

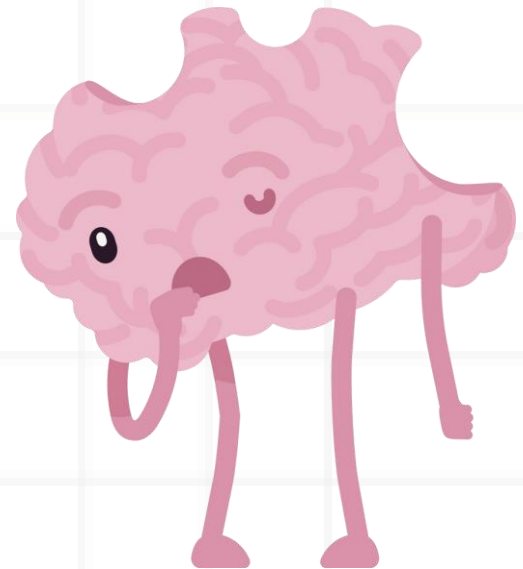


I CAN'T DO
THIS YET

INSTEAD OF...



I GIVE
UP!



TRY SAYING...

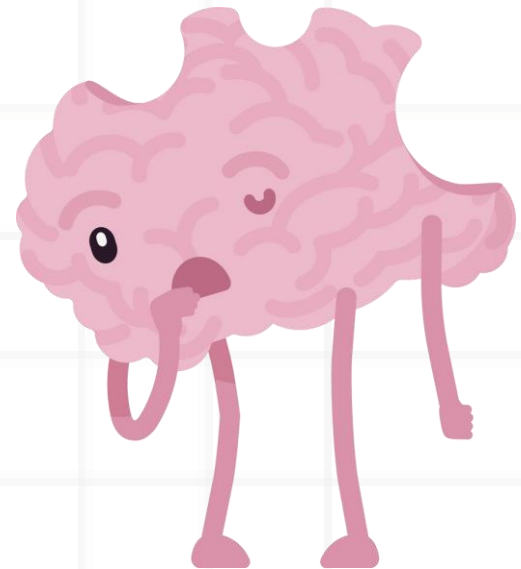


I NEED TO TRY
A DIFFERENT
STRATEGY!

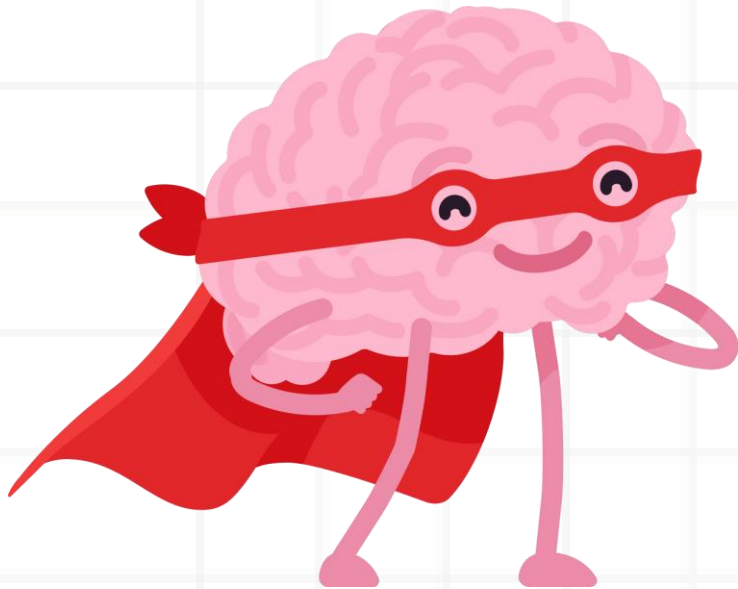
INSTEAD OF...



IT'S TOO
HARD



TRY SAYING...



I NEED MORE
TIME TO WORK
ON THIS!