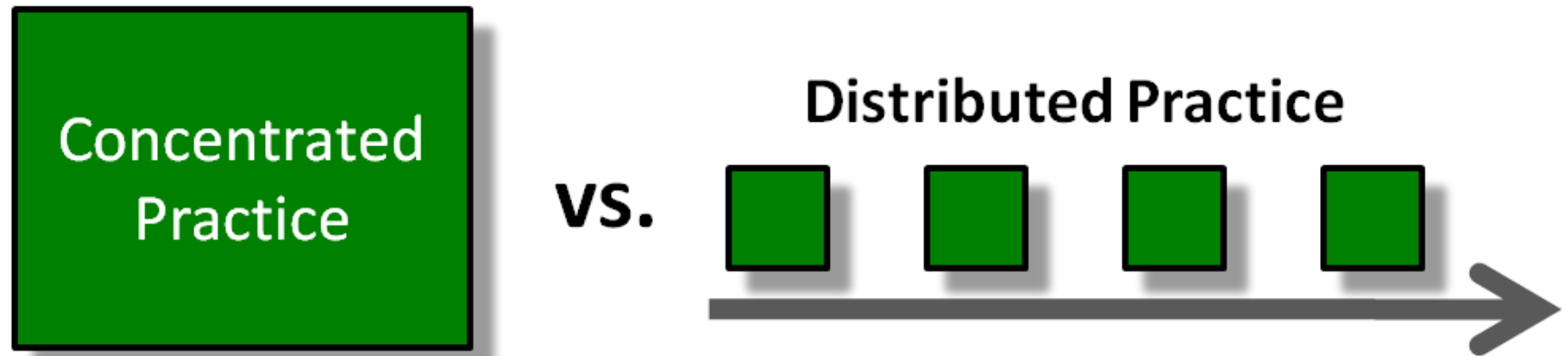




STUDY SUPPORT

How to study effectively

Getting into a good habit of working regularly is essential to improving. The better disciplined you are, the better you will get. Leaving it all to the last minute and cramming it all in is far less effective

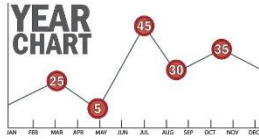


Much more effective

“distributed practice, little and often has a massive impact on how much you can learn”



IMPORTANCE OF TIME MANAGEMENT

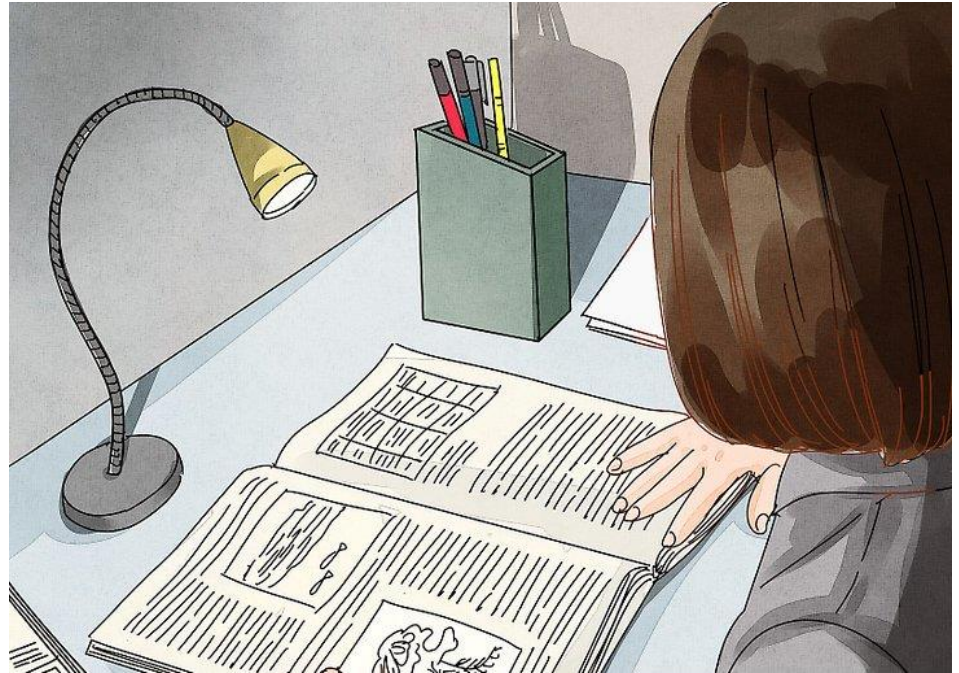


- ✓ A REDUCTION OF STRESS
- ✓ A SENSE OF ACHIEVEMENT
- ✓ INCREASING ENERGY
- ✓ INCREASING PRODUCTIVITY
- ✓ ACHIEVING A GOAL
- ✓ AN ESSENTIAL LIFE SKILL

- *Write list and highlight completed tasks rather than cross them off. That way, when you review the list, you see success rather than failure.*
- Stick to one job at a time, don't keep swapping back and forth (and don't get distracted by emails, texts, Facebook).
- *Give yourself rewards (such as a half hour break or trip out) when you complete a significant milestone so you've got something to look forward to.*
- Work in 20-40 minute blocks to focus your attention.
- *Do the subject you struggle with the most at the beginning of the session whilst your energy levels and motivation are still high.*
- Take a picture of your to-do list and set it as the background on your phone.

Study skills – having somewhere to work

Make sure you have somewhere quiet to study and a table to do it. Leave your phone somewhere else when you study. You can always plan a break every 30 minutes and check you haven't missed anything!



Study skills – staying healthy

Getting enough sleep has a huge effect on how long you can concentrate for. Go to bed at sensible regular time that lets you have enough rest

Eating a balanced diet also helps keep you healthy and fight f illness. Eating loads of sweets and drinking sugary drinks when you study will not help you focus.

Teenagers need 8-9 hours of sleep



THE 6 HABITS OF HIGHLY SUCCESSFUL STUDENTS



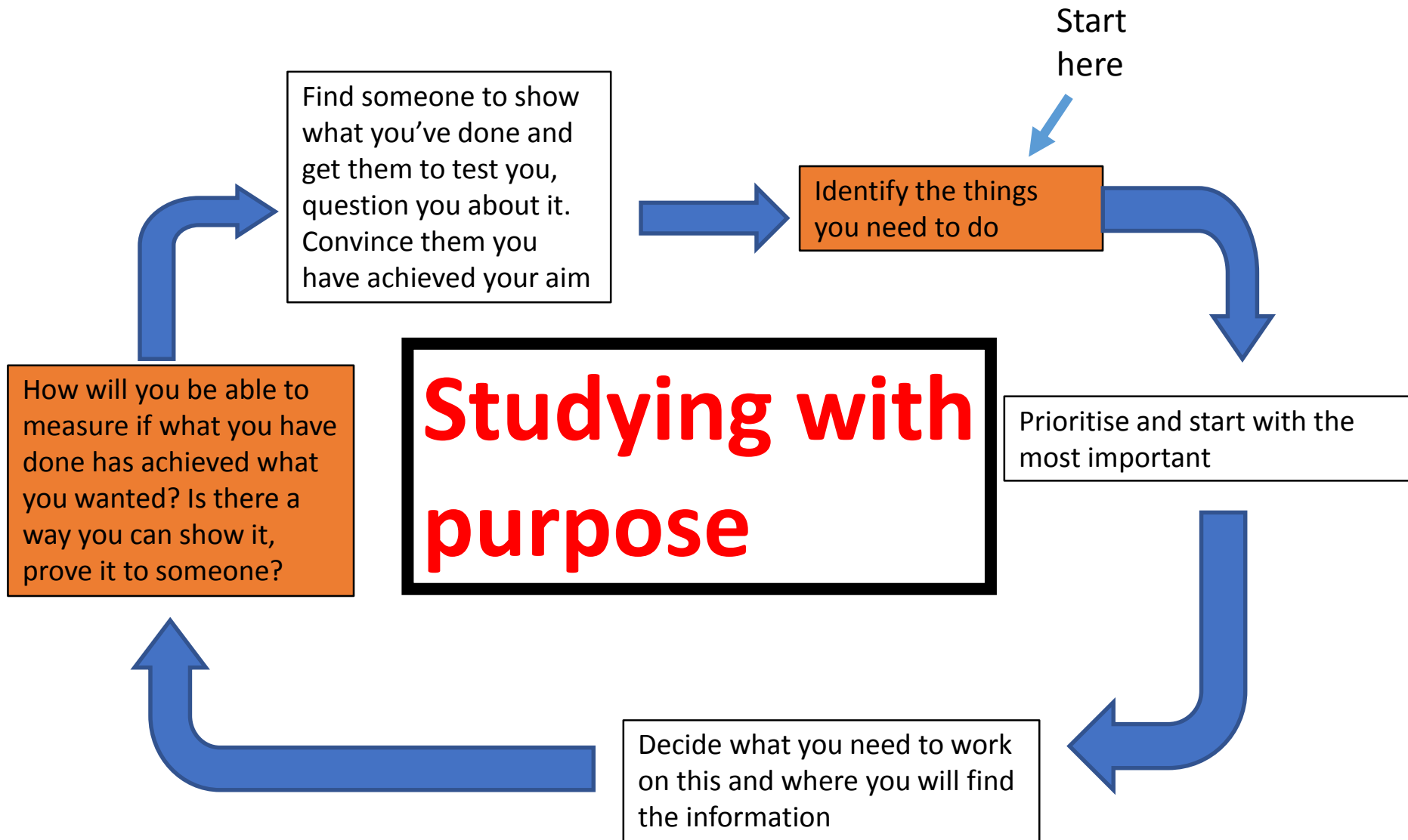
<https://www.youtube.com/watch?v=CPxSzxyIRCI>



If you're not working
with purpose, you're
doing it wrong.

Study with purpose

1. **Identify** the thing you need to work on, either something you don't understand that you need to or a project that you need to complete
2. **Set a target that you can achieve** in the time you've given yourself e.g. understand the differences between types of bonding, write my introduction, complete the research on product design
3. Have a way to **measure** if your time spent working has been successful or not e.g. can you write five questions that you could answer that would prove to your teacher what you've learnt? Does your introduction match the criteria of a good introduction? Have you included a variety of sources in your research?



Different studying
techniques – variety
is important to
continuing to make
progress

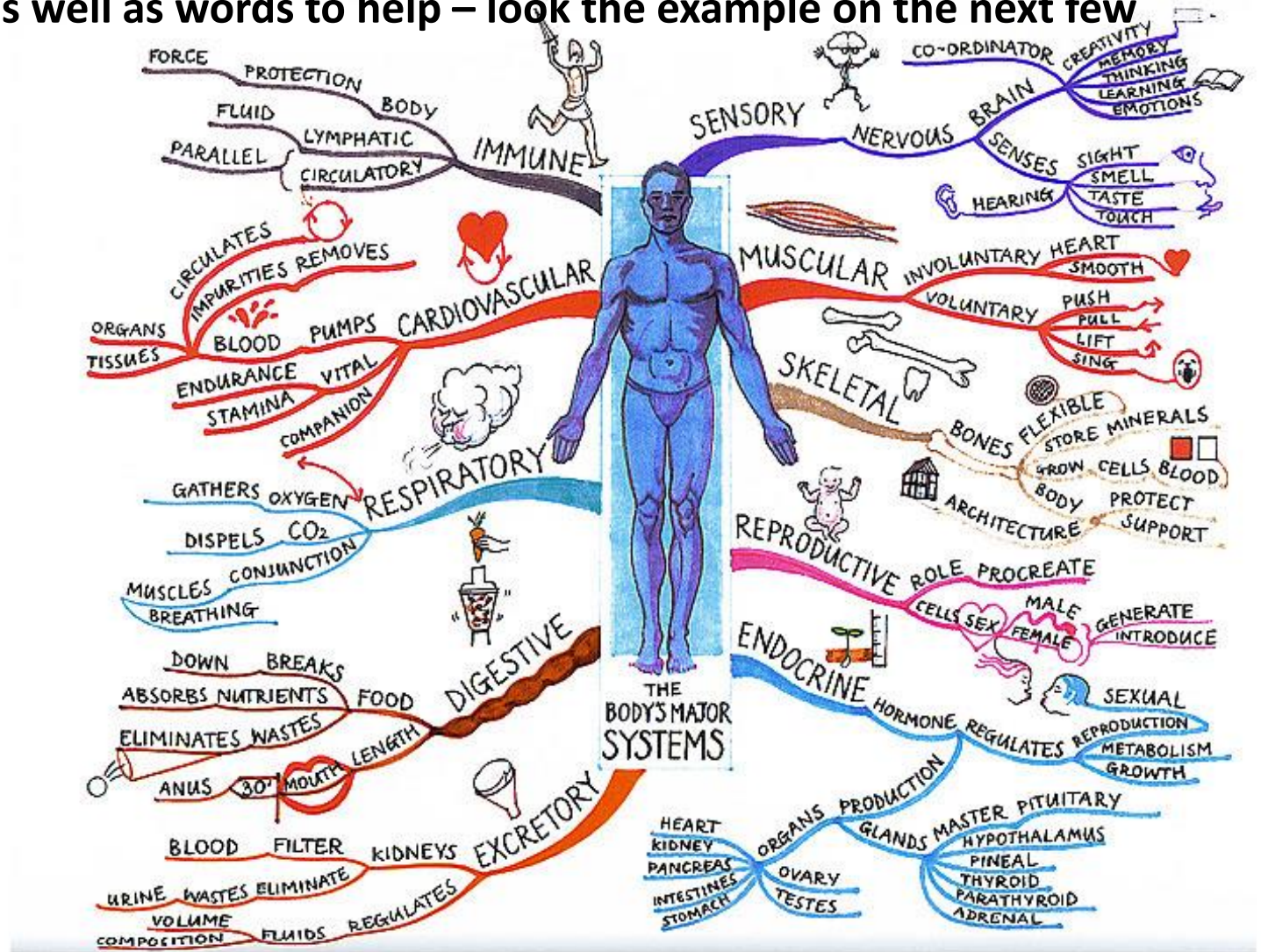
Note taking – Note taking is **NOT COPYING a page from a revision guide or your book. It is the purposeful reorganising of key information that you need**

1. **Record:** Take notes while reading.
2. **Questions:** As soon after doing this as possible, write questions based on the notes. The writing of questions is used to study for exams later.
3. **Recite:** Cover the large note-taking section with a sheet of paper. Then, looking at the questions or cue-words in the cue column only, say aloud, in your own words, the answers to the questions, facts, or ideas indicated by the cue-words.
4. **Reflect:** Reflect on the material by asking yourself questions, for example: "What's the significance of these facts? What principle are they based on? How can I apply them? How do they fit in with what I already know? What's beyond them?"
5. **Review:** Spend at least ten minutes every week reviewing all your previous notes. If you do, you'll retain a great deal for current use, as well as, for the exam.

NAME, DATE, TOPIC, CLASS		
CUES WRITTEN SOON AFTER CLASS ANTICIPATED EXAM QUESTIONS MAIN IDEAS OR PEOPLE VOCABULARY WORDS USED FOR REVIEW & STUDY	NOTES TAKEN DURING CLASS / READING • MAIN POINTS • BULLET POINTS • DIAGRAMS / CHARTS • ABBREVIATE • PARAPHRASE • OUTLINES • LEAVE SPACE BETWEEN TOPICS	
	CORNELL NOTE-TAKING METHOD	
		SUMMARY WRITTEN AFTER CLASS. BRIEF SUMMARY HIGHLIGHTING THE MAIN POINTS IN THE NOTES ON THIS PAGE. USED TO FIND INFO LATER.

Dimensions: 2 1/2" (Cue column width), 6" (Notes column width), 2" (Summary column height)

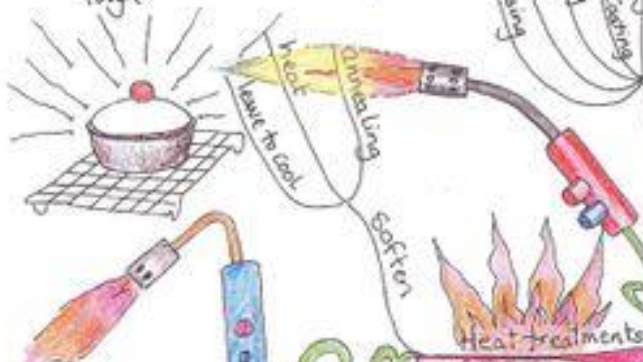
MIND MAPS: Making a mind map is a great way to organise your knowledge and cover a whole topic. It can help you identify areas where you feel confident and areas that you don't know as much about. You can use pictures as well as words to help – look the example on the next few pages



Tempering of Steel

Slow → Intermediate → Quick → Fast

getting... → tougher... → Toughest



METALS

Ferrous

Iron

magnetic

examples

mild steel

high carbon steel

Stainless steels

Uses

does not rust

Corrodes

surface protection

oxidise

examples

brass

aluminium

Copper

decorative

ninjas

handles

fittings

screws

nails

vehicles

cars

bikes

medical

aircraft

plumbing

fittings

pipes

specialist

aircraft

vehicles

cars

bikes

Non-Ferrous

no iron

examples

brass

aluminium

Copper

Uses

does not rust

Corrodes

surface protection

oxidise

examples

brass

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Copper

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handles

fittings

screws

nails

vehicles

cars

bikes

medical

aircraft

vehicles

cars

bikes

plumbing

fittings

pipes

specialist

aircraft

vehicles

cars

bikes

Shapes & Standard Forms



raw materials

refined

pipe

angle

strip

sheet

channel

girder

rod

bar

wire

mesh

foam

glass

ceramic

plastic

rubber

textile

food

medicine

agriculture

industry

transport

energy

environment

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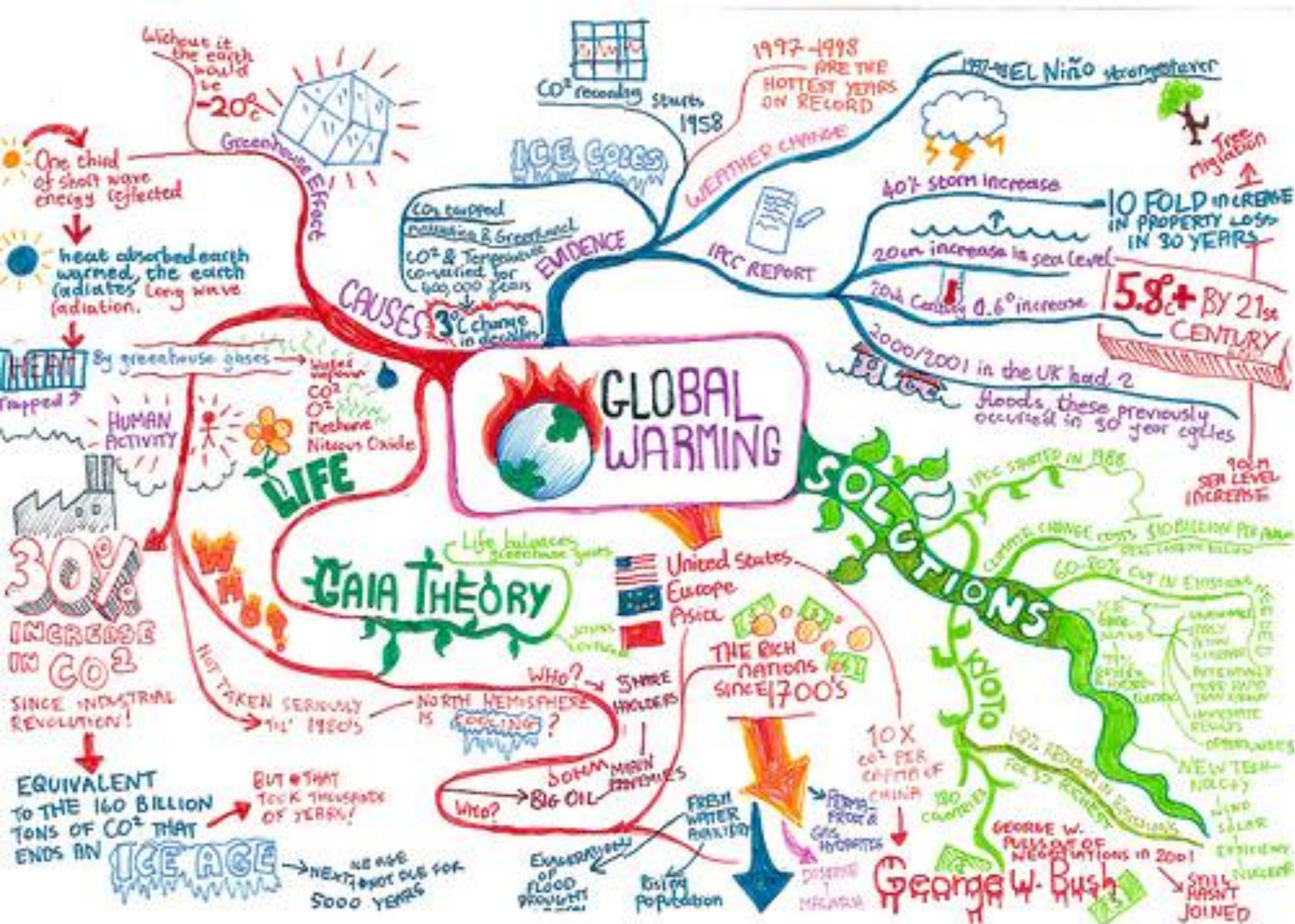
defence

aviation

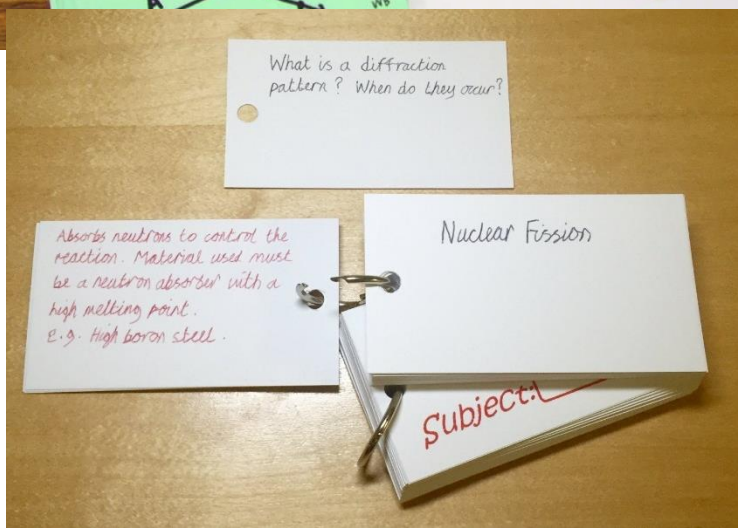
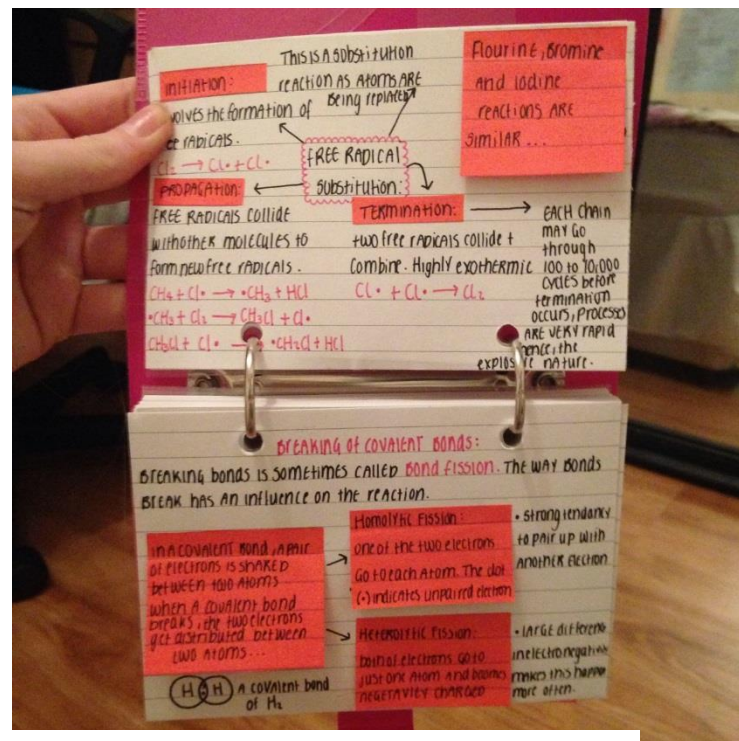
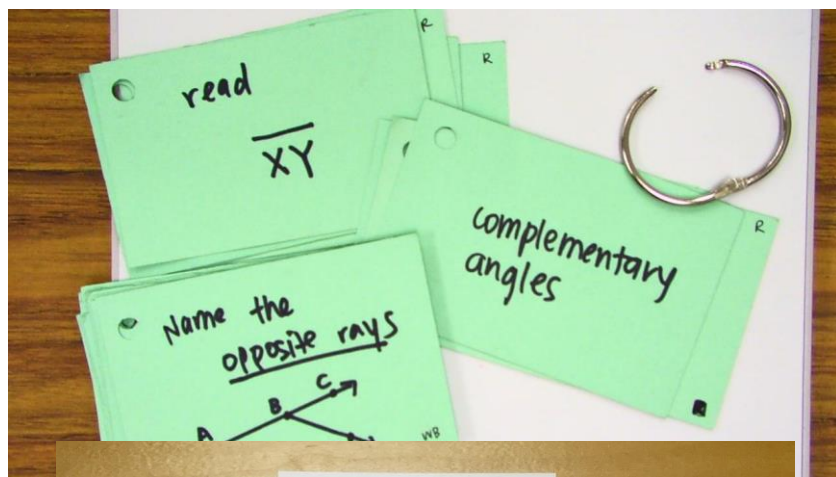
maritime

land

air

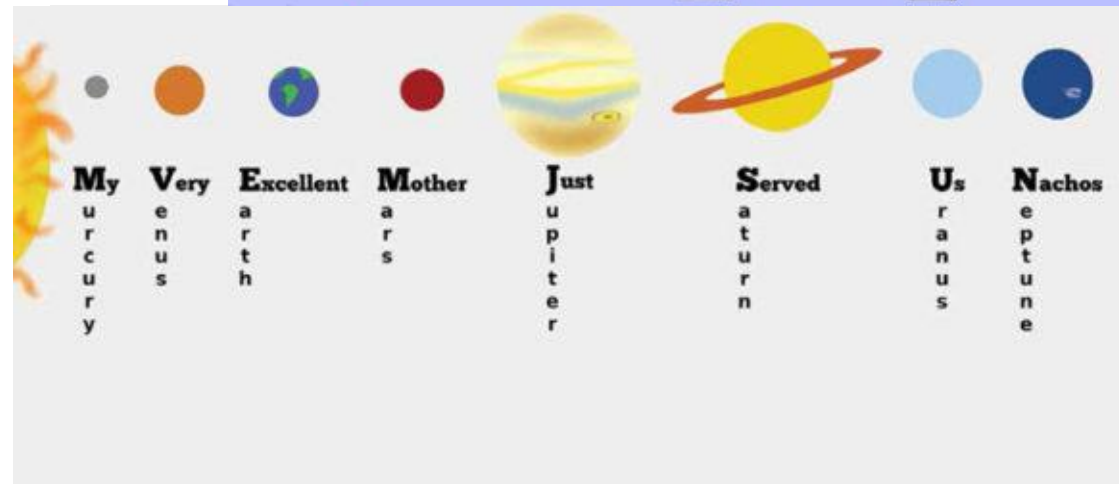
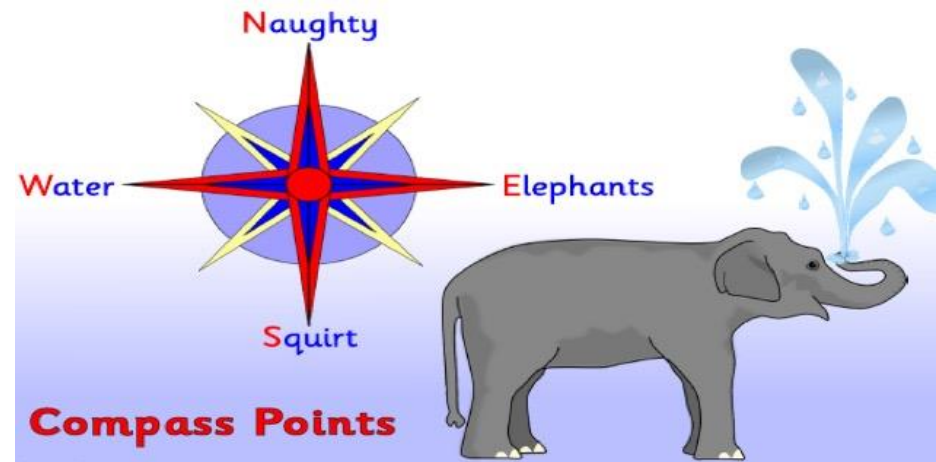
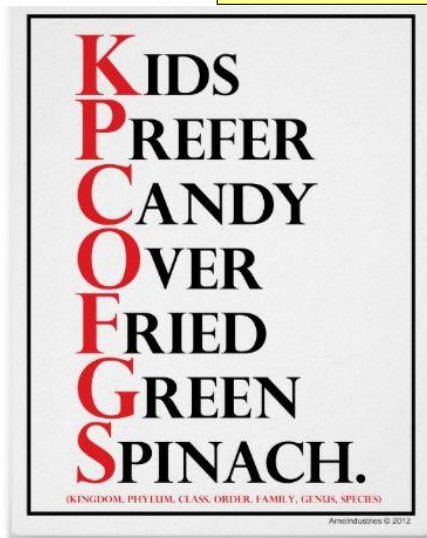
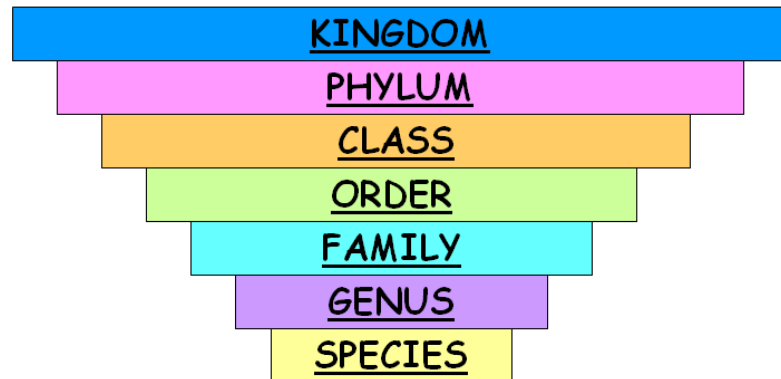


FLASH CARDS – Great for breaking down information in chunks so you can start trying to learn it, easy to do lots of repetition by asking someone to question you on them



<p>What are the units for kinetic energy?</p> <p>(E_k)</p> <p>Q-1</p> <p>Primrose Kitten – YouTube Tutorials for Science and Maths</p>	<p>What are the units for mass?</p> <p>(m)</p> <p>Q-2</p> <p>Primrose Kitten – YouTube Tutorials for Science and Maths</p>
<p>What are the units for speed?</p> <p>(v)</p> <p>Q-3</p> <p>Primrose Kitten – YouTube Tutorials for Science and Maths</p>	<p>What are the units for elastic potential energy?</p> <p>(E_e)</p> <p>Q-4</p> <p>Primrose Kitten – YouTube Tutorials for Science and Maths</p>
<p>What are the units for spring constant?</p> <p>(k)</p> <p>Q-5</p> <p>Primrose Kitten – YouTube Tutorials for Science and Maths</p>	<p>What are the units for extension?</p> <p>(e)</p> <p>Q-6</p> <p>Primrose Kitten – YouTube Tutorials for Science and Maths</p>

MNEMONICS – These really help if you have information that you need to learn in a particular order. There are lots of ones already out there or you can think of your own



POD CASTS/VIDEOS – if you like to create as you revise, these can be a good way to learn information by making short videos or audios to watch/listen to later as you revise



HOW TO MAKE....Podcasts/Videos

1. Decide on the key terms /facts you want to learn
2. Write a script
3. Open up Audacity or Moviemaker...or a mobile phone!
4. Get recording and editing!
5. Listen/Watch back and get revising.

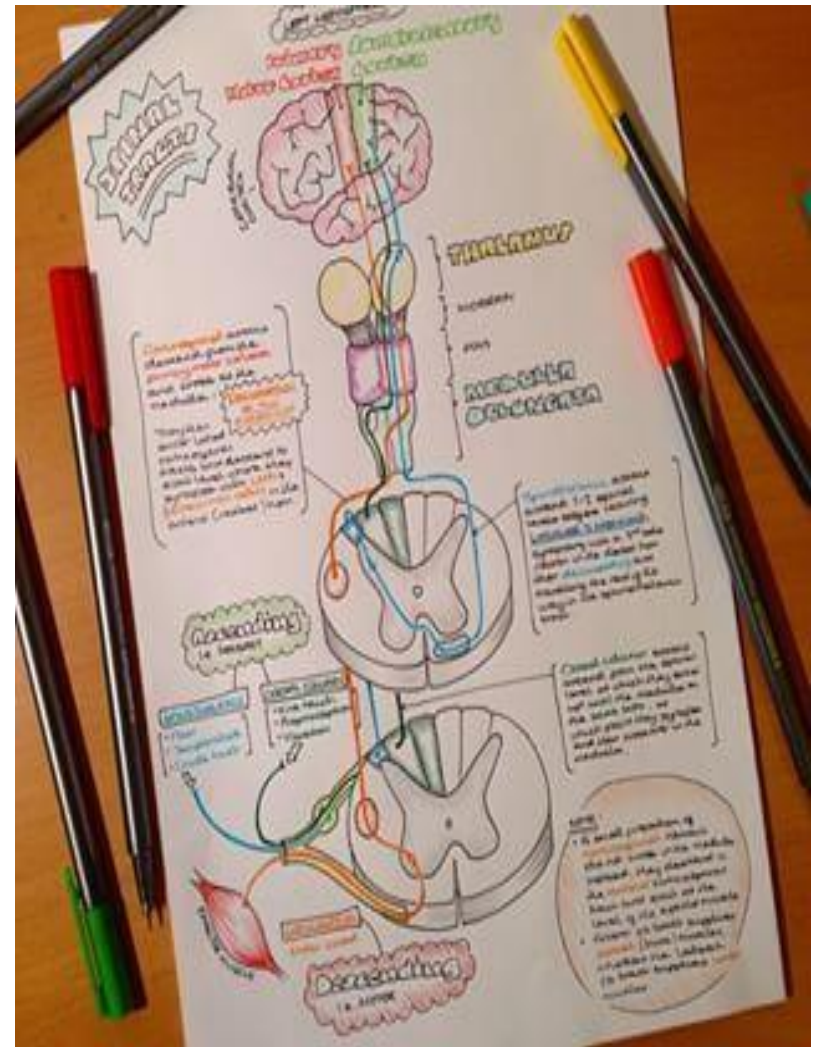
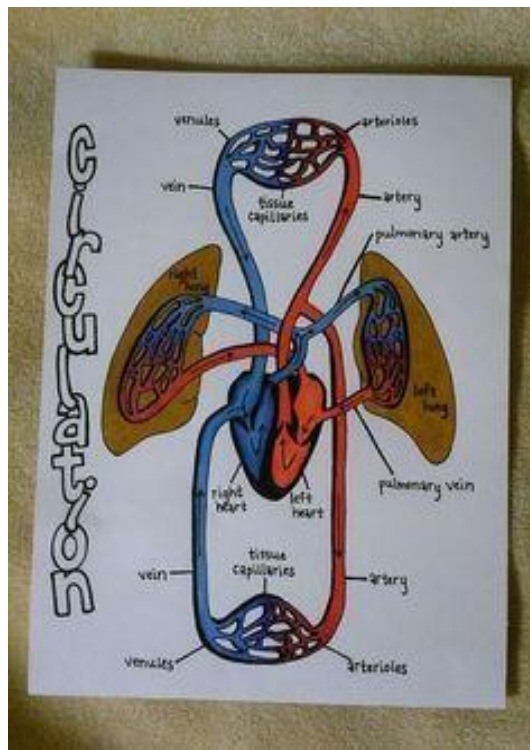
Top Tips

- Be clear on the facts/information you want to include.
- Precision! The less waffle you put in, the more meaningful your revision is.
- KEEP SAVING IT! Short little recordings, edited together are 'safer' than one long recording.



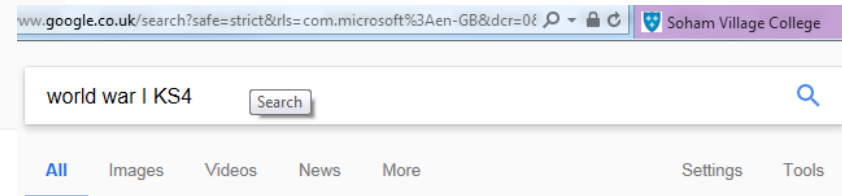
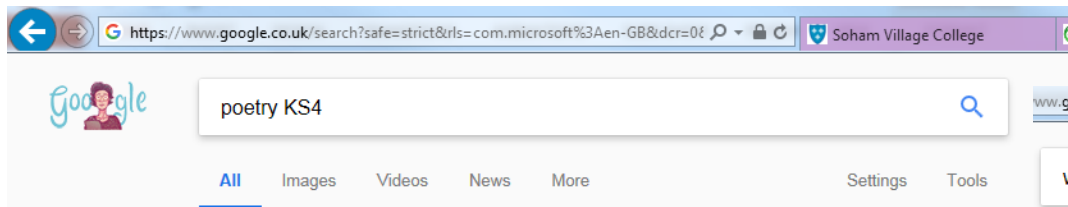
HOW TO.... MAKE A REVISION DIAGRAM

- Take a plain sheet of A4/A3 paper and *illustrate* an outline of this topic
- Find the key facts/points about a topic of your choice!
- Add specific illustrations about each of the key points to help prompt your memory
- Include key terms/facts too if this is suitable!
- Add colour to make it memorable!



WEBSITE AND APPS: There are lots of great websites for different subjects out there. BBC bitesize is great for KS3 and KS4. Your teacher will know the best ones for their subject, ask!

When researching or looking something up, it is worth typing 'KS4' (if you are doing GCSEs) so that the pages it bring up are more relevant



HOW TO....Sequence

1. Decide on the PROCESS you wish to sequence
2. Identify the key steps of the process
3. Write these key steps on separate cards
4. Recall important details– What are the key ideas?
5. Number them in order on the back
6. Mix them up....and practice sorting them in order again!

Brush Teeth 	
Get toothbrush, toothpaste, and floss	
Wet toothbrush	
Put toothpaste on brush	
Brush teeth	
Brush front of teeth	
Brush back of teeth	
Brush tongue	
Spit in sink	
Floss teeth	
Throw away floss	

Sequencing to get an overview

An inspector arrives at the Birling house. He tells them how a girl called Eva Smith has killed herself by drinking disinfectant - he wants to ask them some questions.



The Inspector reveals that the girl used to work in Arthur Birling's factory and he had her sacked for going on strike. Mr Birling refuses to accept any responsibility for her death.



The Inspector then reveals that Sheila thought that Eva had made fun of her, complained and got her sacked. Sheila is deeply ashamed and feels responsible for the girl's death.



The Inspector forces Gerald to confess to an affair he had with Eva. Sheila respects Gerald's honesty but returns the engagement ring he gave her.



It is revealed that Sybil Birling had refused to help the pregnant Eva.



It turns out that it was Eric who got Eva pregnant, and stole money from his father to help her.



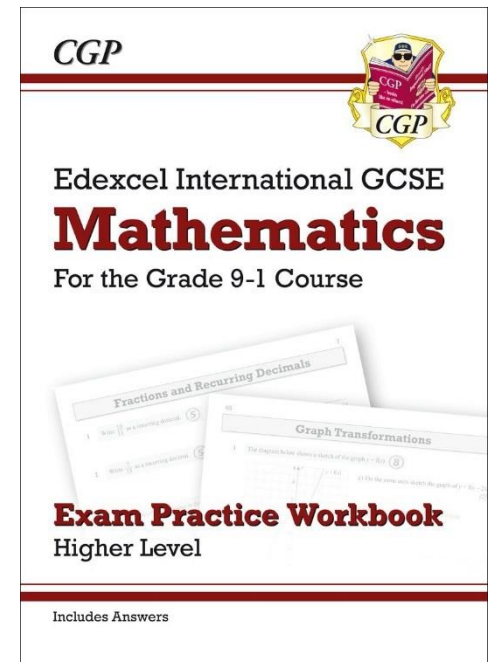
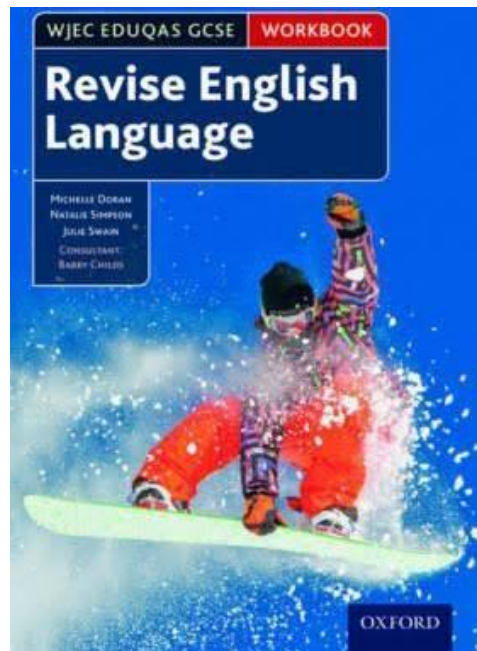
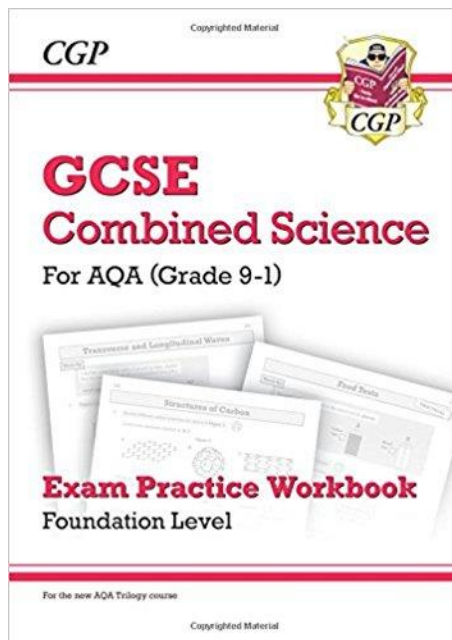
The Inspector leaves. The family ring the infirmary and there is no record of a girl dying from drinking disinfectant.



Suddenly the phone rings, Mr Birling answers it, to his horror the phone call reveals that a young woman has just died from drinking disinfectant and the police are on their way to question them about it. The curtain falls and the play ends.

PRACTICE QUESTIONS – You never really know what you know until you start trying to answer questions about it. There are lots of practice questions books available, make sure you get the right exam board. Check with your teacher for a recommendation.

Make sure you hide away the answers until you've finished answering. You can choose if you'll use your notes to help you or not and change it up as tests get closer



How to prioritise

This technique can be use for homework, controlled assessment and revision, anytime you have lots of school work to do!

Use the template on the next two slides to produce a Priority Poster for homework and coursework.

1. Commit to doing at least one hour of revision/homework each night after school or at home. Do this in 3 chunks of 20 minutes (one after the other or spaced out) .
2. Structure your time on the Priority Poster.
3. Prioritise homework on deadline due dates/upcoming controlled assessments.

How to use your Priority Poster for revision.

Start by sorting different topics in your subjects into the 3 categories (see next slide) using highlighters or a different colour pen.



Start by sorting different topics in your subjects into the 3 categories below using highlighters or a different colour pen.

<i>Urgent – you find difficult....</i>	<i>Needs Attention – you understand parts of...</i>	<i>Got this! – you understand fully...</i>
<ul style="list-style-type: none">• <i>Much more time than other topics.</i>• <i>To be repeated often.</i>• <i>Seek advice from your teacher.</i>• <i>Practice past exam papers.</i>	<ul style="list-style-type: none">• <i>More time than the green topics.</i>• <i>Keep using a range of revision techniques.</i>• <i>Test yourself regularly.</i>	<ul style="list-style-type: none">• <i>Less time than other topics.</i>• <i>Test yourself – e.g. by using question and answer cards or online resources such as BBC bitesize, quiz apps or other things your subject recommends</i>
<p><i>For Example - Maths</i> <i>Angles</i> <i>Adding & subtracting fractions</i> <i>Converting decimal's into fractions</i> <i>Finding the mean, median & mode</i> <i>Using formulae for triangles</i></p>		

Now put this onto Priority Poster. Making sure you :-

Split your sessions between subjects/topics

Focus on the **RED** & **ORANGE** topics within your subjects



Day	Session 1 Time.....	Session 2 Time.....	Session 3 Time.....
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

HOW I

Revised ♥

FOR MY

GCSE

EXAMS! ♥

