



# STUDY SKILLS

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[www.learningscientists.org](http://www.learningscientists.org)

# HOW MUCH TIME SHOULD YOU SPEND STUDYING?

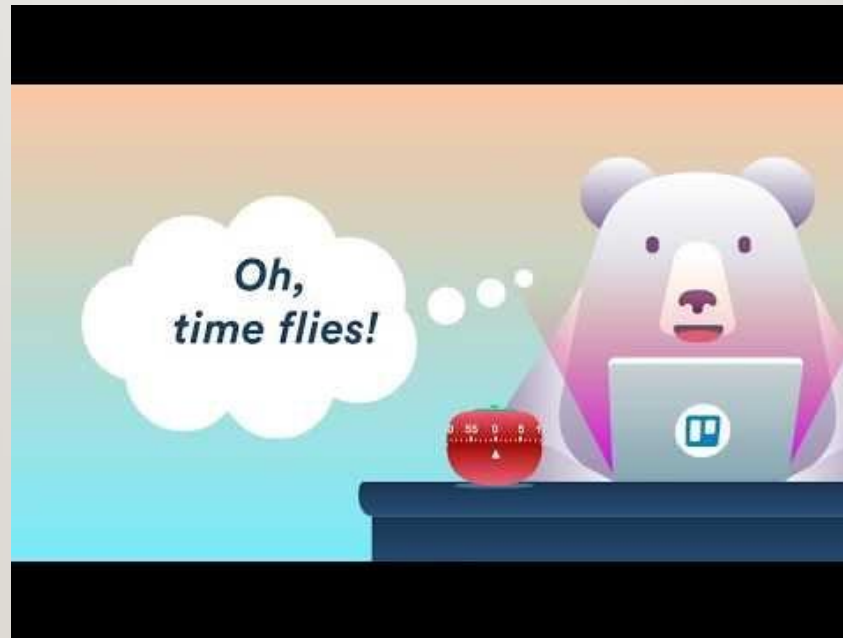
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- **4 sessions a week**
- **90mins - 2 hour sessions**
- **minimum for S4 students**

# STRATEGY I: POMODORO TECHNIQUE

Install on desktop

<https://tomato-timer.com/#>





# CAN YOU STUDY TOO MUCH?

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- Yes!
- Avoid cramming.



# HOW CAN YOU MANAGE YOUR TIME EFFECTIVELY?

Space out your studying over time

Work backwards

Prelim timetable – dates

4 weeks on A4 page

Available from school website

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Frid</b>	<b>Sat</b>	<b>Sun</b>
7 – 7.30	Physics	Chem	Football	English	Na	Work	Chem
7.30 – 8	English	Maths	Football	Maths	Na	Work	PE
8 – 8.30	PE	English	Football	Physics	Na	Work	Physics

# HOW CAN YOU MANAGE YOUR TIME EFFECTIVELY?

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# WHERE SHOULD YOU STUDY?

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- A place you can stay on task
- Know yourself – will you study if there is no one keeping an eye on you?



# STRATEGY 2: RETRIEVAL PRACTICE

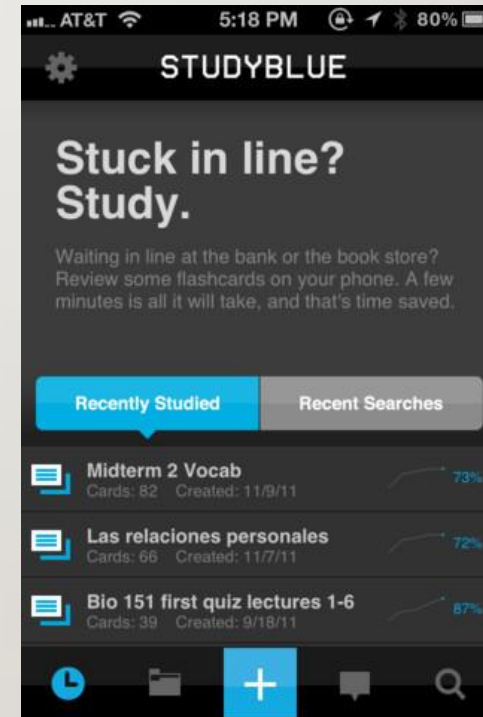
**Practice bringing information to mind**

- Sketch
- Write
- Then - Check notes for accuracy

# STRATEGY 2: RETRIEVAL PRACTICE

Study card – condense  
down your notes

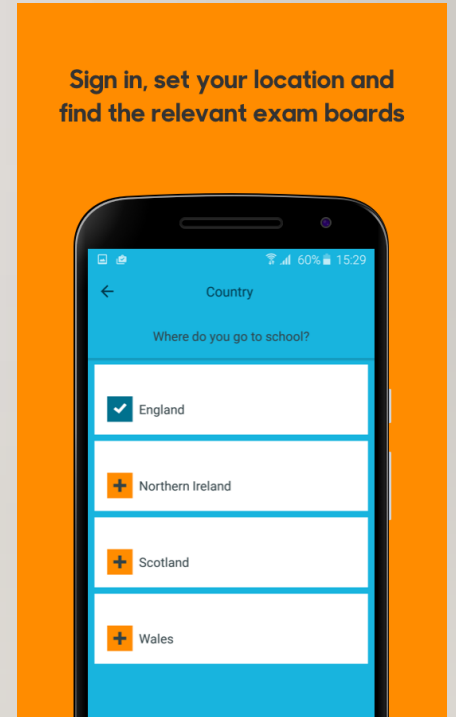
Flashcards – make your  
own on Study Blue



# STRATEGY 2: RETRIEVAL PRACTICE

Practice papers - as many as you can.

Ready made questions  
- BBC Bitesize app



# STRATEGY 3: SPACED PRACTICE

Space out your studying over time

Think of a topic you read about a few chapters back

What were the main ideas?

Test yourself

Sketch



# STRATEGY 4: ELABORATION

## Explain and describe ideas with many details

- Ask yourself questions while you are studying about how things work and why.
- Then find the answers in your class materials. Or ask your teacher.
- Discuss them with your classmates.
- As you elaborate, make connections between different ideas to explain how they work together. Take two ideas and think of ways they are similar and different.

# STRATEGY 4: ELABORATION

**Work your way up so that you can describe and explain without looking at your class materials.**

**Elaborate to a friend, a parent, the dog!**



# STRATEGY 5: INTERLEAVING

Switch between ideas during a study session.

Interleaving will feel harder - but it works!

**Study session 1**

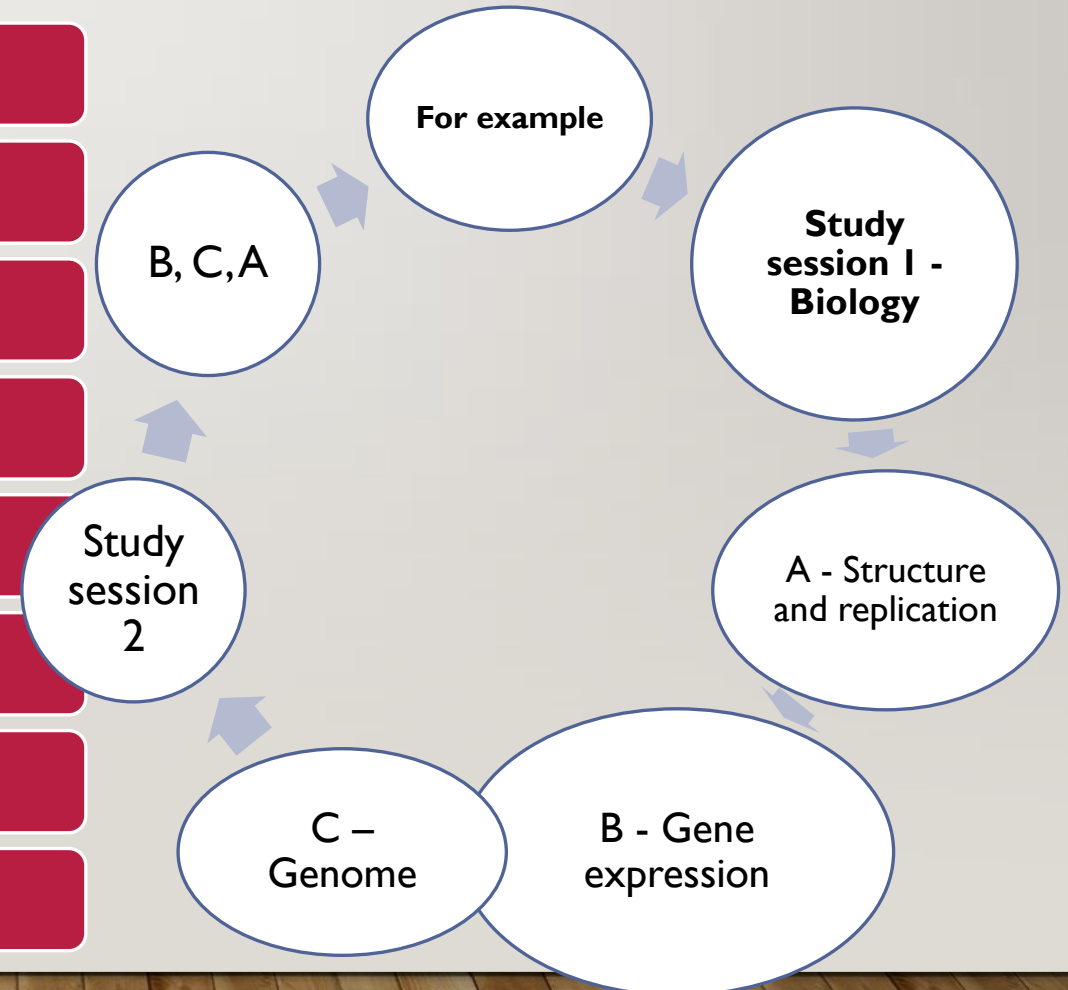
Topics A B C

**Study session 2**

Topics B C A

**Study session 3**

Topics C B A



# STRATEGY 6: DUAL CODING

Look at your class materials and find visuals. Look over the visuals and compare to the words.

Take information that you are trying to learn, and draw visuals to go along with it.

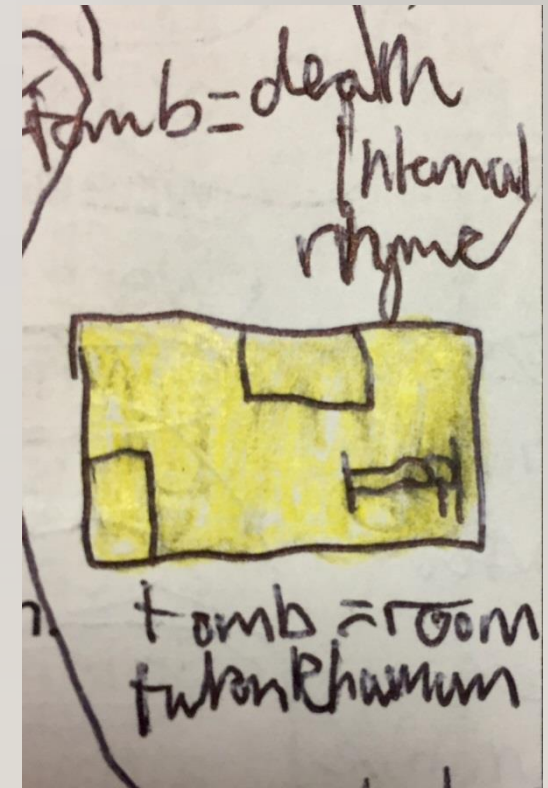
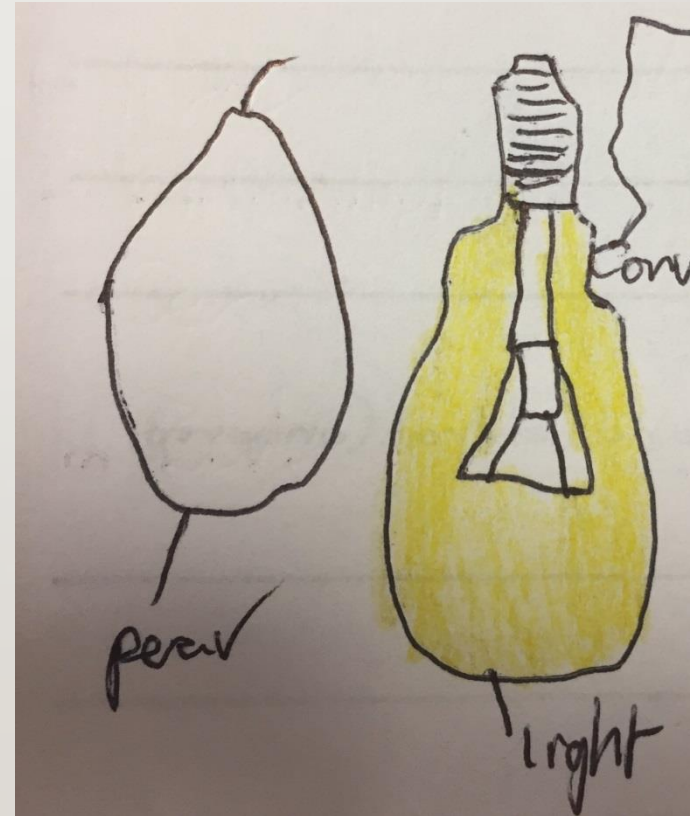
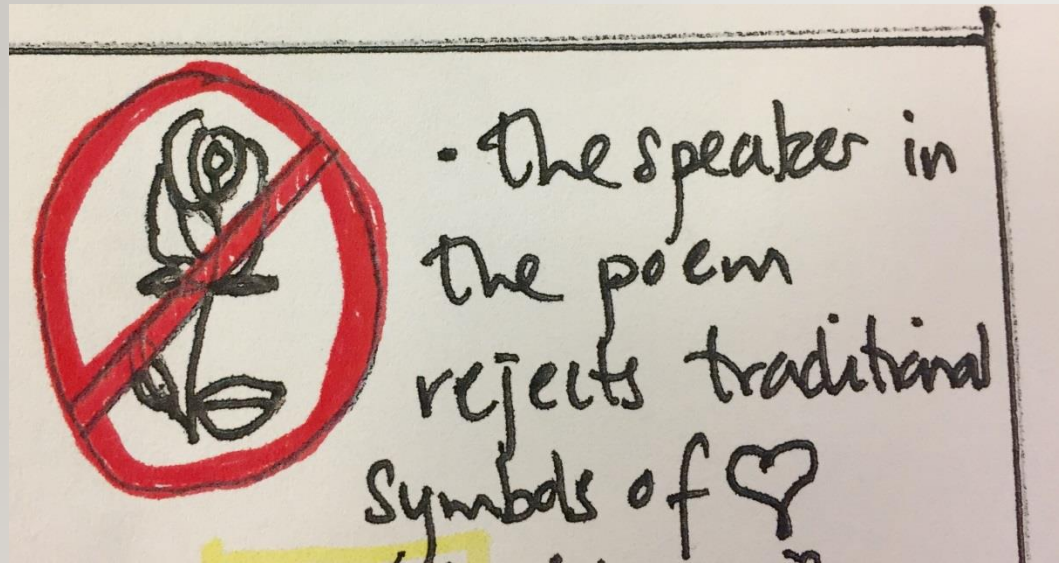
Look at visuals, and explain in your own words what they mean.

## Visuals

- an infographic
- a timeline
- a cartoon strip
- A diagram of parts that work together.



# STRATEGY 6: DUAL CODING





# STRATEGY 7: CONCRETE EXAMPLES

Use specific examples to understand abstract ideas

Look around you

Find an example related to the idea you were just reading about.

- Make the link between what you are studying and each example
- Share examples with friends – and explain them to each other.

DO YOU HAVE TO USE ALL OF THESE STRATEGIES?

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SUIT YOURSELF

THE CHOICE IS YOURS – STUDY  
AND REDUCE YOUR STRESS



Elaboration	Dual coding	Retrieval Practice
Spaced practice	Concrete examples	Interleaving
	Pomodoro	

# PRELIMS

- Check all subjects
- Check levels

Any issues – see Ms Harrison then department

- Coincident exams?
- Two subjects in one day?

Any issues - see Ms Harrison