

# Study Skills for Success

## Pupils



Independent study can be difficult. Avoiding procrastination and “just getting on with it” can be difficult. Re-reading notes or highlighting text might make you feel more confident, but it really isn’t helping you remember what you need to. Massed practice, commonly known as “cramming”, might make you feel more confident and help with the test the next day, but it won’t help you remember the things you need to next week, next month, or next year. Below, we have outlined the things we recommend you do.

### Spaced practice



Little and often; three hours of straight study is less effective than six spaced out 30 minute study sessions. Set aside a bit of time (30 minutes) every day for studying. Study even though your exams are months away. Plan your study time: *When? What? How?* Give yourself breaks. You can still study right up to the exam.

### Interleaving



Prioritise the topics you find more challenging. Mix up the topics you study so that you make links between them. Alternate between different subjects and make the links between them too. Remember that if something is difficult this is good; it means you are thinking more. Thinking more helps you to remember more.

### Retrieval practice



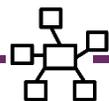
Work from memory first. The act of trying to remember something strengthens your learning. You will forget things overtime and practicing recalling information is difficult, but, difficult is good. Use resources after you have tried to study from memory to help fill in the gaps. Working from memory is like an exam.

Make a list of the things you need to know. Ask yourself how and why these ideas work, note your answers, compare and contrast different ideas. Work from memory first.



Make up your own questions. Answer them a day or two later. Answer lots of practice questions from textbooks or past papers. Work from memory first.

Organise your ideas into a map and show how the ideas link to each other. Use words and pictures. Work from memory first, then use resources to fill in the gaps.



How? and Why?

## Super

Practice questions

Concept map

Blank sheet

Flash cards

## 6

Concrete examples



On a blank sheet write down everything you can remember about a topic. You could organise the information. Once you've done this review using your resources and fill in any gaps.

Put a question on one side of a card and put the answer on the other. A day or two later answer the questions from memory, note the answers down. Don't cheat!

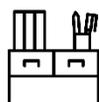


Link the things you need to know to 3 examples, write them down. The examples should be different from each other. Check your examples with your teacher.

### Tech blackout



### Study space



### Be organised



### Delay gratification



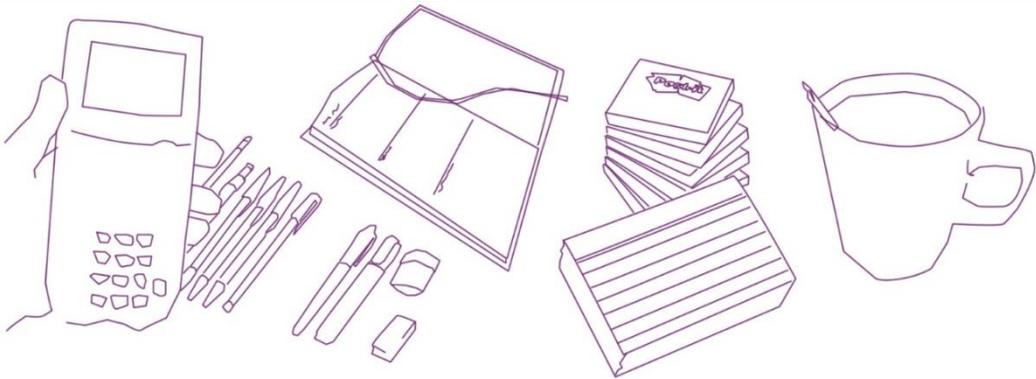


# Study Skills for Success

# Parents



Knowing how to support your child to study can be difficult. It may be many years since you yourself studied. Direct parental involvement in study is not shown to be beneficial. You do not have to teach your child how to analyse a poem or label a cell, in fact direct involvement of this nature can be counterproductive. We have outlined to your child the most effective study skills, please make yourself familiar with them too. We also have some things we recommend parents do to support their children to study.



### Spaced practice

Support your child to study a little bit every day and help them avoid cramming. Make sure they take breaks. Support them to plan their time.



### Interleaving

Encourage your child to mix up the topics and subjects they study even though this is difficult. Thinking more leads to remembering more.



### Retrieval practice

The act of remembering strengthens learning. Encourage your child to study from memory first before using other resources. This also simulates exams.



### Sleep

Tired children find it much more difficult to study effectively. Insist your child gets a good nights sleep before an exam rather than late night cramming.



### Tech blackout

Remove all distractions, including phones, during study time. You may need to encourage and support your child to make a mature decision.



### Study space

People are creatures of habit and your child will benefit from having the same, quiet, organised study space for use every day. Bring them a cup of tea as they study.



### Organisation

Your child may need lots of help to be organised and to plan their study time. Ask them what they are studying and how they are studying. Check on them regularly.



### Delayed gratification

Encourage your child to see friends, watch TV, or play games *after* they have studied. Being able to delay gratification is an important study habit.

## Super 6

