

Study Skills



How to study effectively and efficiently

What can parents/carers do to help?

- **Engage in discussions with your child about their short/medium/long term goals and what they are aiming to achieve.** This gives them ownership of their own learning journey and can be very motivating.
- **Help your child create a comprehensive revision plan and support them in sticking to it.** This should be centred on manageable chunks of study time (i.e. little and often) and include opportunities to revisit prior learning.
- **Support your child in ensuring that they have an effective study environment and by encouraging healthy study habits.** To optimise focus, students need a quiet, tidy study space with minimal distractions. Encourage them to take regular breaks, exercise and rest.
- **Encourage and help your child to choose the right revision methods.** Much more time should be dedicated to retrieval and recall, rather than re-reading. Revision should be active, rather than passive.
- **Keep up a positive dialogue about revision and ask them to tell you about what they are studying/learning.** The opportunity to verbally discuss learning helps to synthesise information and consolidate knowledge.

What study methods work best?

- **Synthesised note taking** – rather than copying notes directly from a revision guide or textbook, summarise the information in your own words into another format (e.g. mind-map/flow-chart/timeline).
- **Knowledge down-loads/brain dumps** – before re-reading any notes, take a blank sheet of paper and write down everything you already know about this topic from memory. Then, fill in the gaps in knowledge by revisiting what you don't yet know.
- **Self-quizzing** - use flash cards, look-cover-write-check, quiz with a friend or use learning apps to regularly test and practise your knowledge of current and prior learning.
- **Practise exam-style questions** – use revision guides, textbooks and past papers to practise timed exam-style questions, without your notes. Use the mark schemes to self-correct and identify question types/patterns/weaker areas.
- **Explain your learning** – try and practise explaining a topic/concept you are learning about to someone else, and attempt to answer their questions. This will help you assess what you know and where the gaps in your understanding are.
- **Remember to constantly revisit previous learning** – don't forget that you forget. Mixing up your topics and subjects and always revisiting and recalling previously learned material will make sure your memories are retained in the long-term.

Useful apps and websites

Apps that mimic flash-card/self quizzing strategies well:

- **Quizlet**
- **Studyblue**
- **Tinycards**
- **Memrise**

Apps/websites which are linked to exam specs and both teach and test specific knowledge:

- **Seneca**
- **BBC Bitesize**

Subject specific revision materials can also be found on **Moodle**, accessible via the school website.

Easy Study is a useful app that helps plan out a revision timetable.