

Study Skills

2023

Presentation for Assemblies

Key messages to S1/2/3

Tidy up / declutter



- a clean and tidy workspace
- Spend time decluttering your room
- Recycle or throw out anything which is not crucial to studying.
- Make sure you have all the resources you need within reach.
- natural daylight or a good lamp.

Picture your workspace. What do you need to do to make it a suitable place to work?

Organise your notes



- Use OneNote function to organise class notes - it is your responsibility
- relevant sections
- easily found.
- create a folder for each subject in your one drive and archive any old folders.

Resources



Take time to consider what resources you have at home to help you to study. Is there anything you need? Where can you can buy these materials? When will you do this?

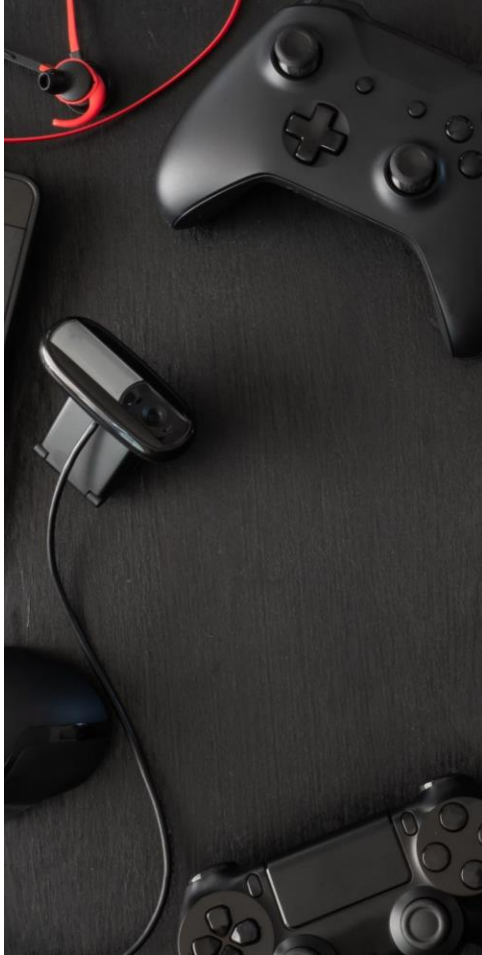
Most stationery is cheap and will more than pay for itself if it helps you to be a successful student.

After school routine

Let's think about good practice once you get home.

- Get changed and have a drink.
- Open your bag and take out your diary.
- Triage what needs to be tonight or later. Write a list and use a highlighter.
- Plan how long each activity should take. Put a time in brackets after each activity.
- Decide when your breaks should be and whether you need to keep working after dinner.
- Begin working on your homework.





Destressing

- Think about the best way to destress. If you like computer games or being on your phone, that's fine, but consider how long you have already spent looking at a screen that day.
- Activities which get your blood pumping, such as walking, especially combined with getting some fresh air and the sun on your face, will increase your endorphins and help you to feel more relaxed and sleep better.
- Try to spend your leisure time away from a screen, especially when you get closer to bedtime as blue light makes it harder to fall asleep later.

Chunking

Retrieval

Interleaving

Dual Coding

Spaced practice

The Schedule for S1, 2 and 3.

Year	Content	Details
S1 (2 PSHE slots available, not including the existing lesson near S1 exams)	1. Getting organised for learning. A good evening routine.	Assembly August
	2. Regular practice: little and often. Why retrieval works (2.44) with accompanying ppt.	Lesson Aug/Sept
	3. How to study for a test. Find a dept that has a test in Oct.	Lesson Sep/Oct
	4. How to make a study timetable. Use the existing PSHE lesson with my input to include traffic lighting and interleaving.	Lesson April to prepare for exams.
	Highly effective learning Downloadable Materials — The Learning Scientists Focus on the retrieval practice slides.	Tutor Time Sept – Making flashcards

S2

Getting organised for learning.

Assembly August

Dual coding and how to study effectively.

Lesson Oct

Positive mindsets and coping with stress.

Lesson Dec

Video on dual coding (1.30)

Tutor Time (Sep)

S3

Reminder of how to create a study timetable.

Lesson Sep/Oct

The full CRIDS ppt to prepare for final exams.

Lesson Mar

Highly effective learning

[Downloadable Materials — The Learning Scientists](#)

Focus on the one element per month.

Tutor time throughout the year

S4

The full CRIDS ppt to prepare for final exams.

Lesson Jan

A reminder of CRIDS.

Lesson Mar

Summary

So, decide tonight to look over this presentation and make a commitment to some of the activities and advice mentioned. Remember that you can talk to your teachers, tutor teachers, Head of House or Mr. Toal about studying and good learning habits.

Please complete the survey on the year group team. This will allow us to cater for your needs even better. I'll be popping into tutor time to remind you and to see if you'd like any one-to-one help.

