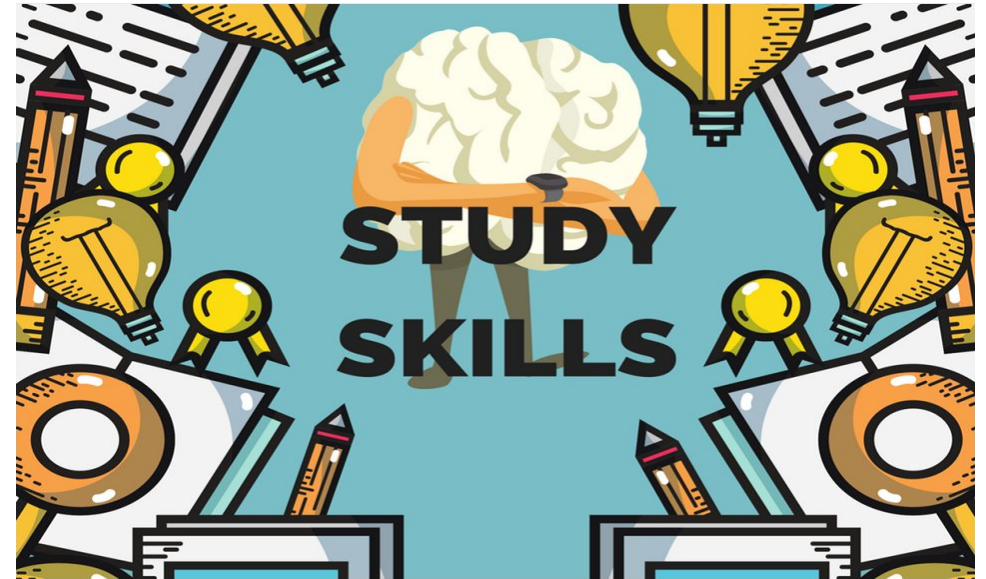


## Mr Sayce- Developing and enhancing Independent Study Routines and habits in preparation of your GCSEs- with Mr Sayce



# The 3 Step Programme to Study Success



## Step 1- Planning



## Step 2- Habits



### Step 3- Techniques



## Our new 'Common Assessment Framework'

### Why have a common assessment framework?

- ✓ Helps create consistent expectations across all subjects
- ✓ Ensures pupils always know what assessments are coming up and how to prepare
- ✓ Gives pupils clear, meaningful feedback to help them improve
- ✓ Builds strong habits early: revision, organisation, independence
- ✓ Makes assessment more fair, transparent, and supportive for all pupils
- ✓ Ensures parents can stay informed and play an active role in supporting learning



## Our new 'Common Assessment Framework'

### What This Looks Like in Practice

- ✓ Assessments published at least 2 weeks in advance
- ✓ Homework focuses on revision linked to Knowledge Organisers
- ✓ Pupils use active revision methods (flashcards, mind maps, Seneca, GCSEPod etc.) Teachers check pupils have completed preparation
- ✓ Marking is returned promptly with The Feedback Four: Positives – Targets – Next Steps – SPaG corrections
- ✓ Pupils complete green-pen reflection to improve their work
- ✓ Staff use assessment information to reteach misconceptions and provide support





## Our new 'Common Assessment Framework'

### How this benefits pupils- 'Better Preparation -Better Understanding - Better Results'

- ✓ Builds long-term memory through regular retrieval practice
- ✓ Develops metacognitive skills – knowing how to revise, not just what to revise
- ✓ Reduces anxiety because pupils know exactly what to revise and when
- ✓ Creates strong revision habits before GCSE year begins
- ✓ Ensures feedback actually leads to improvement through structured reflection
- ✓ Supports all learners, including SEND and EAL, through consistent scaffolds
- ✓ Leads to more confident, motivated learners who can talk about their strengths and next steps



## Our new 'Common Assessment Framework'

### What is active revision?= Doing something with the information!

- ✓ Examples we expect pupils to use:
  - ✓ Flashcards
  - ✓ Self-quiz questions
  - ✓ Mind maps
  - ✓ Cornell notes
  - ✓ Practice questions
  - ✓ Online platforms (Seneca, GCSEPod)
- 
- ✓ **Why it works**: It forces the brain to retrieve information, making memory stronger. It mirrors the demands of real GCSE exams. It helps pupils identify what they don't know, so they can target their revision effectively

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## Home learning reminders and guidance



- ✓ Your homework is now always set on a Monday.
- ✓ You will always be given at least one week to complete it.
- ✓ You will always be provided with paper resources if needed when you have your lesson.

### Why we did this:

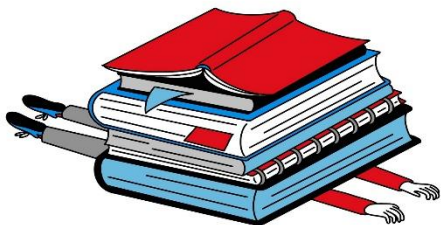
- To help you **manage deadlines**. Previously, homework was being set on all different days and this made it stressful to stay organised.
- Being set only on a Monday means you can **plan your week ahead**. It also means you can have conversations with your parents/carers about when you can do your homework.
- It gives you plenty of time to **speak to your teachers** if there are any issues. You will never have less than a week to do a piece of homework.

### Emerging issues:

- 'I have like 10 bits of homework on Classcharts at the same time and it's stressful'
- 'I have to rush to do 6 bits of homework in a single night'
- 'I don't like doing homework' or 'I don't see the point of doing homework'
- 'I have so much homework that I don't have enough time for independent revision'

### Reminders of support available:

- ✓ Weekly homework planning sheets (ask your tutor)
- ✓ Homework Club on Tues and Thurs
- ✓ Study Support help with senior prefects every Tuesday in Inspire
- ✓ Computer rooms and library open at lunchtime to do homework





## Step 1- Plan for your home learning

- Every week homework is scheduled to go live on Monday morning.
- This means that each week you can sit down Monday after-school and plan the week ahead in terms of what homework you have and when you will complete this.
- This will help embed good organisational and study skills which will prove valuable as you move up the school.
- If you need help with this, you can go to Inspire at lunchtime.

Home Learning- Weekly Timetable								Date _____
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Homework To do list.
8:55-9:25	Tutor Time	Tutor Time	Tutor Time	Tutor Time	Tutor Time			•
9:25-10:25	Lesson	Lesson	Lesson	Lesson	Lesson			•
10:25-11:25	Lesson	Lesson	Lesson	Lesson	Lesson			•
11:25-11:45	Break	Break	Break	Break	Break			•
11:45-12:45	Lesson	Lesson	Lesson	Lesson	Lesson			•
12:45-1:30	Lunch	Lunch	Lunch	Lunch	Lunch			•
1:30-2:30	Lesson	Lesson	Lesson	Lesson	Lesson			•
2:30-3:30	Lesson	Lesson	Lesson	Lesson	Lesson			•
3:30-4:45								•
4:45-5:15								•
5:15-5:45								•
5:45-6:15								•
6:15-6:45								•
6:45-7:15								•
7:15-8:45								•

Any issues which need communicating with teachers:

Subjects covered this week

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐





## Building in Independent Study time

- As you move into Year 10 and 11 the expectation will be that you complete independent subject work for all your lessons.
- This will be in addition to your homework that is set.
- For many students, this can be a daunting task but we will put support in place to ensure you know how to do this.
- In every lesson you will have a Google Classroom. Within this Google Classroom you will have every lesson and knowledge organiser.
- Teachers will also upload an activity bank of resources to help with inspiration for independent work. Equally, it could be the case that it is a good idea to begin creating revision resources.

We are part of...



## Step 2- Why talk about study habits/ techniques now?

- It is one of the most common questions asked in our student surveys.
- It is important to understand the different ways to revise now, before you get to the mock exams.
- **Revision isn't just for your final GCSE exams but should incorporate what you do for all tests. Getting into good habits now will really benefit you in all forms of education.**
- Learning good study techniques is excellent practice for the real world
- It'll help you avoid mistakes later down the line.
- Trialling different types of revision will help you see what works for you.





## Step 2- Ensuring you Engage with Positive Study Habits

To ensure that you have the right background conditions for working independently at home you need to make sure you embed the right habits.

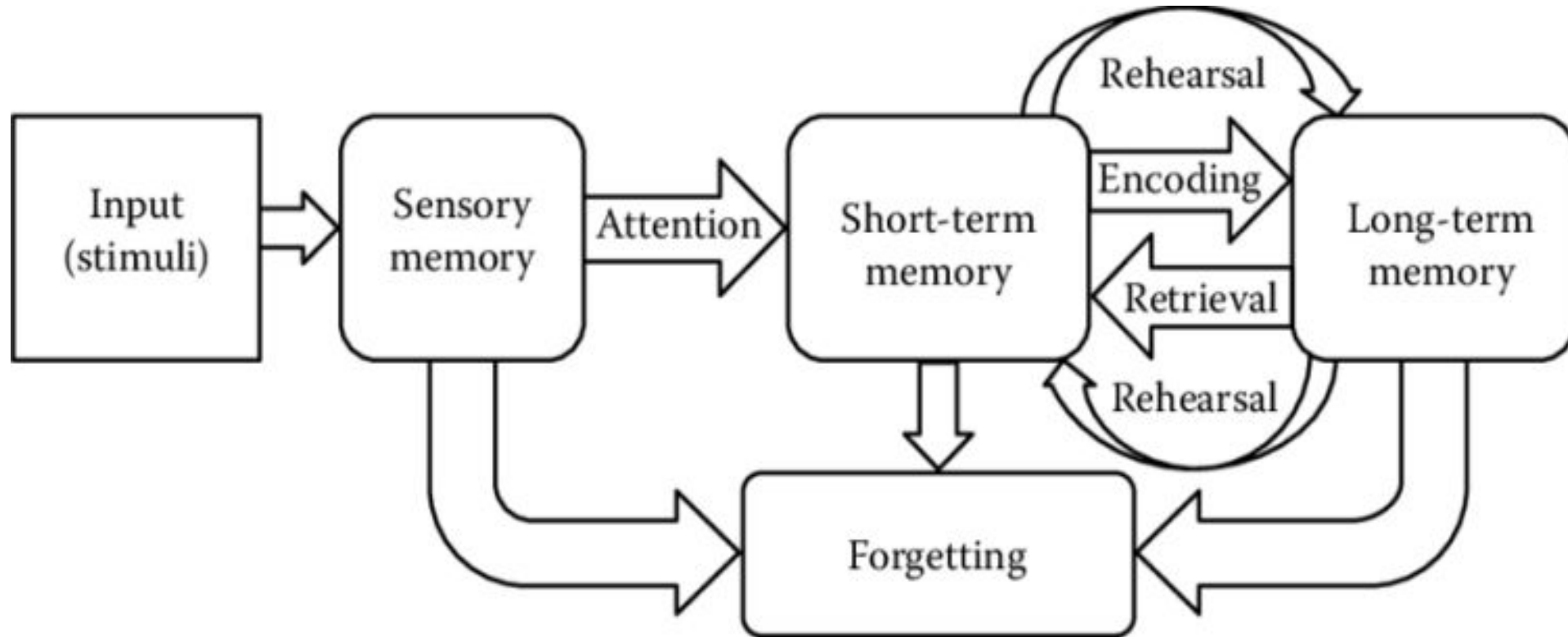
1. Find the best place to study. You need a place with good lighting, which will reduce eyestrain and keep you from getting tired too fast. The key is to have an area that allows you to see well, concentrate and spread out your books and papers. Find a desk or kitchen table and keep away from distractions like TV, phones or pets.
2. Don't wait until the last minute. Complete some home learning a little every night instead of cramming late the night before a test/deadline.
3. Study more frequently, for shorter time periods. Four half-hour study sessions are much better than a single two-hour session.
4. Begin home learning time with your most challenging piece of work. Start with your most difficult assignment since this is when you have the most mental energy. It may also require the most effort from you



## Step 2- Ensuring you Engage with Positive Study Habits

5. Take a break. If you find you're losing concentration, get up and move around. Stretch or get a drink. You'll be more alert when you start studying again.
6. Organise every subject. Use a separate binder, folder or notebook for each of your classes. You need a place for notes, handouts and homework assignments for each class. Stuffing all of your papers together into one folder or inside your backpack is a sure way to misplace an important home learning assignment.
7. Get organised each night for the next day. Put all of your work/equipment in their correct place and review your weekly calendar and goals.
8. Make the most out of your classroom time. A lot of new information is introduced in your classes, so don't expect to learn everything later on your own.
9. Ask for help. If you need help in a subject, don't wait to ask for it! Sometimes getting one question answered can make everything else fall into place. Start by talking to your teacher. Your teacher or Head of Year will support you.





# Leading onto Stage 3- How does your memory work?



## Stage 1: Sensory Memory

We are bombarded with huge amounts of information all the time through our senses.

Think about



Most of this information is ignored and we don't pay attention to it, therefore we don't remember it.

# How does your memory work?



## Stage 2: Working Memory

When we pay attention to our sensory memory, we give ourselves the chance of learning something.

So to learn, you have to PAY ATTENTION.

However, even when we do  
pay attention to information most of it will  
be forgotten unless we do something with  
it.



# How does your memory work?

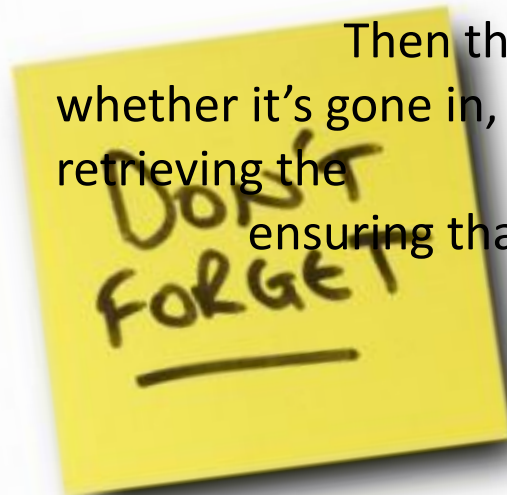


## Stage 3: Long Term Memory

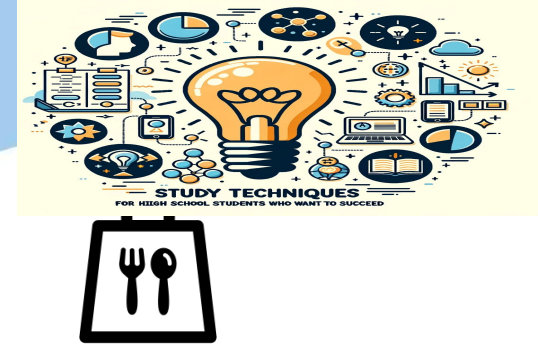
So to move things into our long term memory, we have to make the original information meaningful.

That's why your teachers teach lessons. To help you understand what you're trying to learn.

Then they often check whether it's gone in, because rehearsing it and retrieving the information is a good way of ensuring that you don't forget.







## What do we know about memory?



Your working memory is easily overloaded, cramming doesn't work



Information is forgotten if not revisited, it's natural.

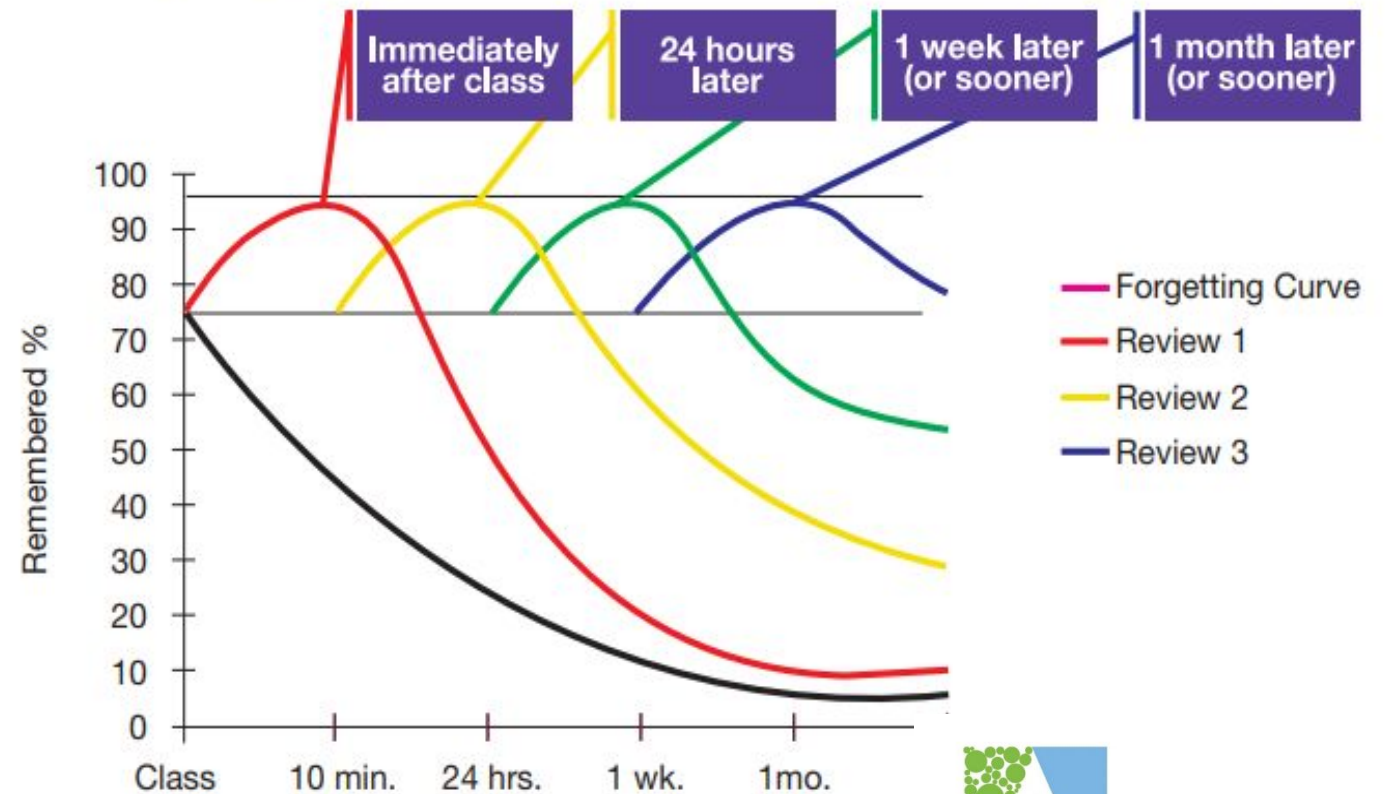


Practice and retrieval helps strengthen long term memory & boosts learning



This diagram called the Ebbinghaus Forgetting Curve – it illustrates how information is quickly forgotten unless it is reviewed at spaced intervals.

## Why is home learning and revision at home so crucial to success?





## Step 3- Engaging with the 'right' study techniques

- It is vital to choose the right study techniques to ensure you maximise the effort you put into your home learning/ independent work because...

1. **Everyone learns differently**, so finding methods that align with your learning style

## So, what study methods actually

most improvement. This targeted strategy not only saves time but also enhances your overall comprehension.

## work?

3. Using the right revision techniques **contributes to long-term memory retention**. Active engagement with the material, such as through practice tests, discussions, or teaching concepts to others, reinforces your understanding and helps information stick in your memory. This depth of understanding is crucial for success, as it allows you to apply your knowledge more effectively in exams or real-world scenarios.

## 1. The SQ3R Method

- This is a reading comprehension technique that helps students identify important facts and retain information. SQ3R (or SQRRR) is an acronym that stands for the five steps of the reading comprehension process. Try these steps for a more efficient and effective study session:
- **Survey:** Skim read the text and take notes on any headings, subheadings, images, or other standout features like charts.
- **Question:** Formulate questions around the extract's content, such as, What is this about? What do I already know about this subject?
- **Read:** Begin reading the full piece of text in more depth and look for answers to the questions you formulated.
- **Recite:** After reading a section, summarise in your own words what you just read. Try recalling and identifying major points and answering any questions from the second step.
- **Review:** Once you have finished the chapter, it's important to review the material to fully understand it. Quiz yourself on the questions you created and re-read any portions you need to.



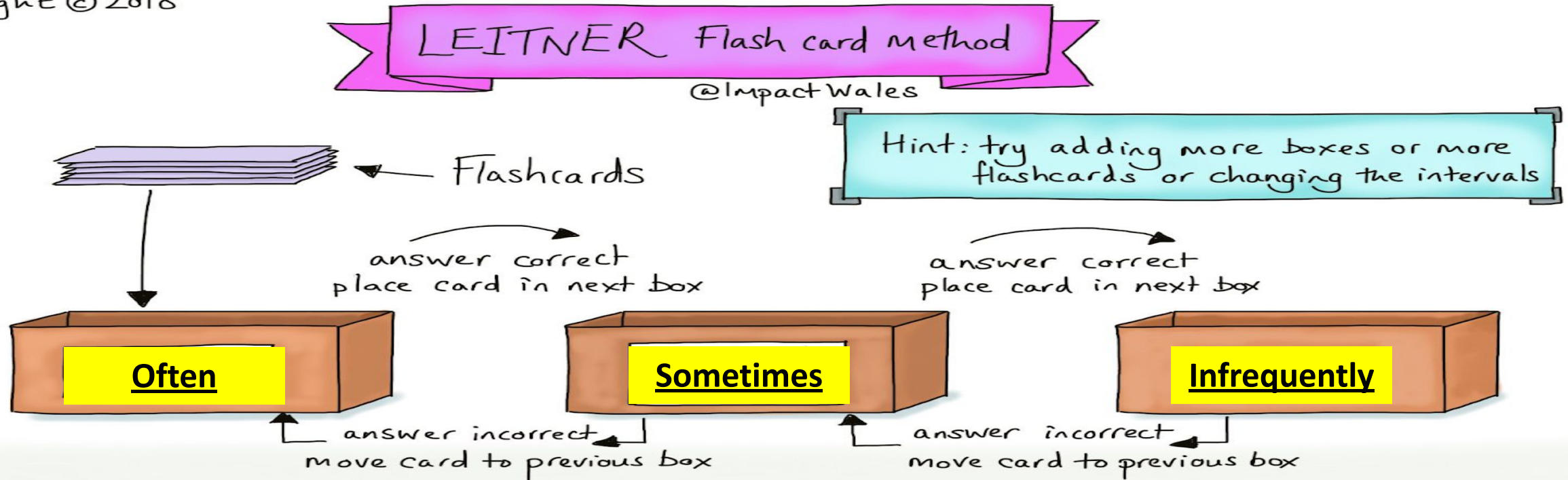


## 2. Retrieval Practice

- This is based on the concept of remembering at a later time. Recalling an answer to a question improves learning more than looking for the answer in your textbook. If you practice retrieval, you are more likely to remember the information later on.
1. Utilise practice tests: Use practice tests or questions to quiz yourself, without looking at your book or notes.
  2. Make your own questions: Be your own teacher and create questions you think would be on a test. If you're in a study group, encourage others to do the same, and trade questions.
  3. Use flashcards: Create flashcards, but make sure to practice your retrieval technique. Instead of flipping a card over prematurely, write the answer down and then check.

## How to use flashcards effectively... Leitner Method

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An effective use of flashcards to prompt & recall learning using spaced practice proposed by Leitner in the 1970s. It focuses on the proficiency of recall of the learner. Information which is easily recalled has a longer time lapse before the next recall opportunity.

## **3. Spaced Practice**

- This encourages students to study over a longer period of time instead of cramming the night before. Spacing out your studying allows your mind to make connections between ideas and build upon the knowledge that can be easily recalled later.
  - a) Day 1: Learn the material in class.
  - b) Day 3: Revisit and review.
  - c) Day 5: Revisit and review.
  - d) After two weeks: Revisit and review.
  - e) After one month: Revisit and review.

## 4. The Feynman Technique

- This is an efficient method of learning a concept quickly by explaining it in plain and simple terms. It's based on the idea, "If you want to understand something well, try to explain it simply."
1. Write the subject/concept you are studying at the top of a sheet of paper.
  2. Then, explain it in your own words as if you were teaching someone else.
  3. Review what you wrote and identify any areas where you were wrong. Once you have identified them, go back to your notes or reading material and figure out the correct answer.
  4. Lastly, if there are any areas in your writing where you used technical terms or complex language, go back and rewrite these sections in simpler terms for someone.



## 5. Colour Coded Notes

- Messy notes can make it hard to recall the important points of a lesson/assessment. Writing in colour is a dynamic way to organise the information you're learning. It also helps you review and prioritise the most important ideas. A recent study found that colour can improve a person's memory performance.
- **Writing in colour may seem like a no-brainer, but keep these tips in mind:**
  1. **Write down key points in red.**
  2. **Highlight important information in yellow.**
  3. **Organise topics by colour.**
  4. **Don't colour everything**—just the most **important** information.

GOALS

## 7. Exercise before studying

- Not only does exercise fight fatigue, but it can also increase energy levels. If you're struggling to find the motivation to study, consider adding an exercise routine to your day. It doesn't have to be a full hour at the gym. It can be a 20-minute workout at home or a brisk walk around your local village. Anything to get your heart rate pumping. Exercising before you study:
- Kickstarts brain function and can help improve memory and cognitive performance.
- Releases endorphins, which can improve your mood and reduce stress levels.



# Acle A

- Cornell notes due to their organisation, active learning thinking. The facilitates efficient with cues for aiding in better comprehension and overall successful studying.

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## Cornell Note Method

Cue Column	Notes Column
1	2
<ul style="list-style-type: none"><li>• Main Ideas</li><li>• Questions that connect points or help you self-test</li><li>• Study prompts</li><li>• Hints</li></ul>	<ul style="list-style-type: none"><li>• Main lecture notes here</li><li>• Use your own words</li><li>• Bullet points</li><li>• Facts</li><li>• Answers to your questions</li><li>• Shorthand symbols</li><li>• Concise sentences</li><li>• Diagrams or charts</li><li>• Mind maps</li><li>• Space between points</li><li>• Cover this area when you self-quiz</li></ul>
Summary Column	
3	<ul style="list-style-type: none"><li>• Complete after class or end of chapter</li><li>• Key ideas</li><li>• Tie this information together</li></ul>

column (about 2  
at the bottom (about

ideas and key points.  
in your explanations.

the left column blank.  
your memory during

your notes, write a  
ideas and key

or fold it, revealing  
to recall the

ects and topics. The



SUMTRUST



CUES	DATE	MODULE/CLASS	TOPIC
<p><b>CUES</b> (reduce &amp; recall)</p> <p>AIM - reduce notes to essential ideas to process &amp; recall</p> <p>WRITE JOIN AFTER CLASS</p> <p><b>Step 1:</b> Review NOTES column - pull out:</p> <ul style="list-style-type: none"> <li>key words</li> <li>key concepts</li> <li>numbers</li> <li>dates</li> <li>facts</li> </ul> <p><b>Step 2:</b> Formulate questions based on your NOTES e.g. what are fossils? Principles of complexity theory</p> <p><b>Step 3:</b> Write these ques and answers in the column alongside the corresponding NOTES</p>	<p><b>NOTES</b> (record)</p> <p>AIM - record as many key points as possible</p> <p>TAKE DURING CLASS</p> <p>What do I write here?</p> <ul style="list-style-type: none"> <li>key words and ideas</li> <li>important dates/people/places</li> <li>diagrams/charts</li> <li>formulas</li> <li>examples/case studies</li> <li>critique - strengths/limitations</li> </ul> <p>STEP 2: STEP 3</p> <ul style="list-style-type: none"> <li>use short points instead of full sentences</li> <li>use symbols and abbreviations</li> <li>leave a line between ideas</li> <li>don't mindlessly copy from the student textbook - write in your own words where possible</li> <li>use a method that works for you - take notes in a format that you understand so you can make sense of them later</li> </ul>		
<p><b>SUMMARY</b> (reflect &amp; review)</p> <p>AIM - review the main ideas - reflect on their significance</p> <p>WRITTEN AFTER CLASS</p> <p>Briefly summarise the main points from your notes this session &amp; write: why is this important?</p>			

<p>① What is the significance of the speaker in the poem?</p>	<p>① Speaker -</p> <ul style="list-style-type: none"> <li>* voice that communicates a poem's ideas, actions, descriptions, &amp; feelings</li> <li>- similar to narrator</li> <li>- can be unknown or specific (like character)</li> </ul>
<p>② How does a poet's choice of speaker affect the mood/meaning of a poem?</p>	<p>② Impt.</p> <ul style="list-style-type: none"> <li>- Poet's choice of speaker - contributes to the poem's mood/meaning</li> <li>- who speaks is as impt. as what is said</li> <li>- different points of view regarding same event (ie. parent, child, elderly person)</li> <li>* the person telling the story gives point of view and affects the message told ← P.O.V*</li> </ul>
<p>③ How does Hughes use vocabulary to contribute to</p>	<p>③ writer's/poet's style</p> <p>Vocab - helps to understand meaning</p> <p>"crystal stair" = luxuries (metaphor → compares 2 things)</p> <p>ie. "Life for me ain't been no crystal stair"</p>

## CORNELL NOTES – HOW?



"It is useful for re testing – you just go back to the questions on the side in a few days and check if you remember the answer. If not, you can remind yourself easily with the bit on the right."

“Summarising the content really helps you learn it. You’re doing something active with it which has more impact on your long term learning.”



## HOW TO CREATE CORNELL NOTES

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Using your notes/knowledge organiser/revision guide, read through one topic.



Using the resource, produce your notes on the right.



Once you have produced your notes, move on to the questions. Pick things that have clear answers in your notes.



Once you have done this, move on to the summary at the bottom. In your own words, summarise the topic.



Once or twice a week, check back and try to answer the questions on the left. If you have forgotten, that is fine. The brain forgets things. Re read through the notes and the summary then answer the question again.

## What can parents do to help to reduce the memory burden?

- If homework and revision are left to the last minute, this will limit your child's chance of doing their best.

### Over the next couple of years:

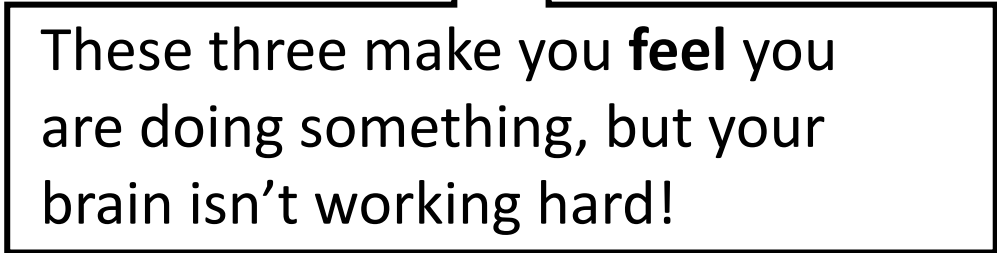
1. Ensure that your child **attends school** and is always on time. Every day lost in attendance reduces their chance of achieving their best. If they miss days, make sure they log onto Google Classroom and catch-up on missed content.
2. Encourage your son/daughter to persevere and to begin working hard now in preparation for end of topic tests. Check that they are **keeping up with homework** and communication any support/help they might need.
3. Encourage your child to **begin revising at home so they can develop strategies that work for them!**

## Most Powerful techniques

- Retrieval Practice & Quizzing
- Flashcards & Leitner Method
- Mind-maps
- Cornell Notes
- Feynman Technique
- Using colours effectively
- SQ3R Method
- Spaced Practice

## Least Powerful techniques

- Re-reading
- Summarising
- Highlighting
- Cramming

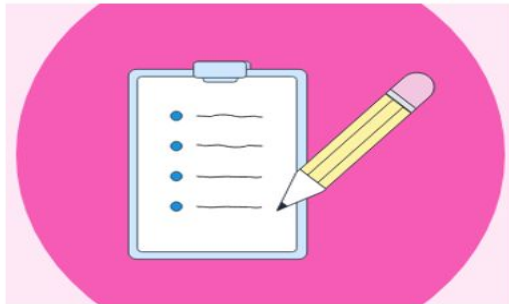


These three make you **feel** you are doing something, but your brain isn't working hard!

## Takeaway Points from this session

- Although it might feel like Year 9 isn't connected to your GCSE studies because of the content you are studying, this couldn't be further from the truth.
- The skills and habits you develop through KS3 will make your time studying your GCSEs much easier.
- If you can develop these habits and techniques, you are refining these skills and you'll be prepared for how to study effectively and importantly how to prepare for the GCSE exams.
- The 3-step process is simplistic, but it does take some work to do properly. It is simpler to choose the easier, less effective options and then say that 'It doesn't go in' 'revision isn't for me' or 'I prepare cramming/ re-reading'.

## The 3 Step Programme to Study Success



Step 1- Planning

**GOOD HABITS**



Step 2- Habits



Step 3- Techniques

