

The 3 Step Programme to Study Success



Step 1- Planning

GOOD HABITS



Step 2- Habits



Step 3- Techniques



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Step 1- Plan for your home learning



1. Every week homework is scheduled to go live on Monday morning.
2. 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.
3. This will help embed good organisational and study skills which will prove valuable as you move up the school.
4. 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

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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

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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.

Step 3- Successful Study Techniques:

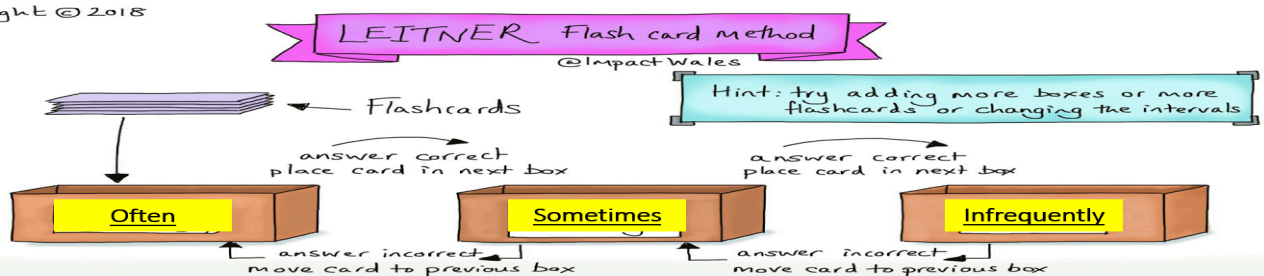
2. Retrieval Practice

- 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.

- Utilise practice tests:** Use practice tests or questions to quiz yourself, without looking at your book or notes.
- 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.
- 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.

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.

6. Mind Mapping

- First, you write a word in the centre of a blank page. From there, you write major ideas and keywords and connect them directly to the central concept. Other related ideas will continue to branch out.
- The structure of a mind map is related to how our brains store and retrieve information. It also enables you to see the big picture by communicating the hierarchy and relationships between concepts and ideas

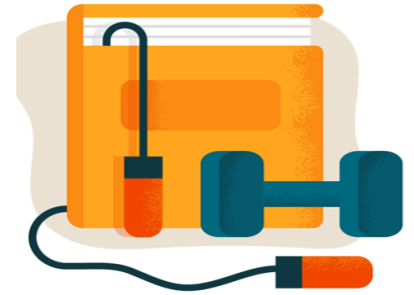
How to make a 'good' mind-map:

1. Grab a blank sheet of paper (or use an online creator) and write your topic in the centre, such as "19th century medicine."
2. Connect one of your main ideas (i.e., 19th Century surgery) to the main topic.
3. Connect sub-branches of supporting ideas to your main branch. This is the association of ideas. For example, "Simpson and chloroform," "infection and carbolic acid," "antiseptic vs. Aseptic," and "The Black Period."

TIP: Use different colours for each branch and draw pictures if it helps.

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.



HOW TO CREATE CORNELL NOTES



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.



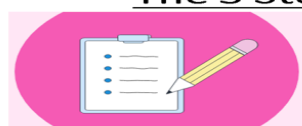
Once or twice a week, check back and try to answer the questions on the left. If you have forgotten, that is fine. The brain forgets things. Re read through the notes and the summary then answer the question again.

Most Powerful techniques	Least Powerful techniques
<ul style="list-style-type: none"> • Retrieval Practice & Quizzing • Flashcards & Leitner Method • Mind-maps • Cornell Notes • Feynman Technique • Using colours effectively • SQ3R Method • Spaced Practice 	<ul style="list-style-type: none"> • Re-reading • Summarising • Highlighting <div> <p>These three make you feel you are doing something, but your brain isn't working hard!</p> </div> • Cramming
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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'.

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