

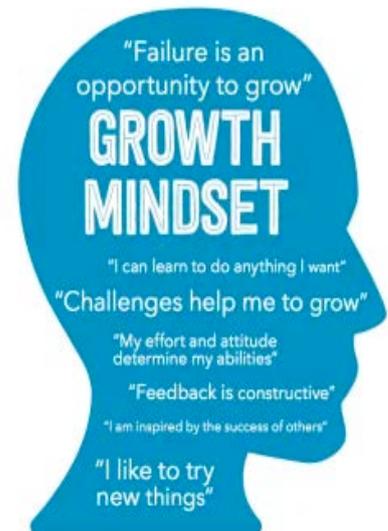
# Yr 10 Steps to success Study Skills



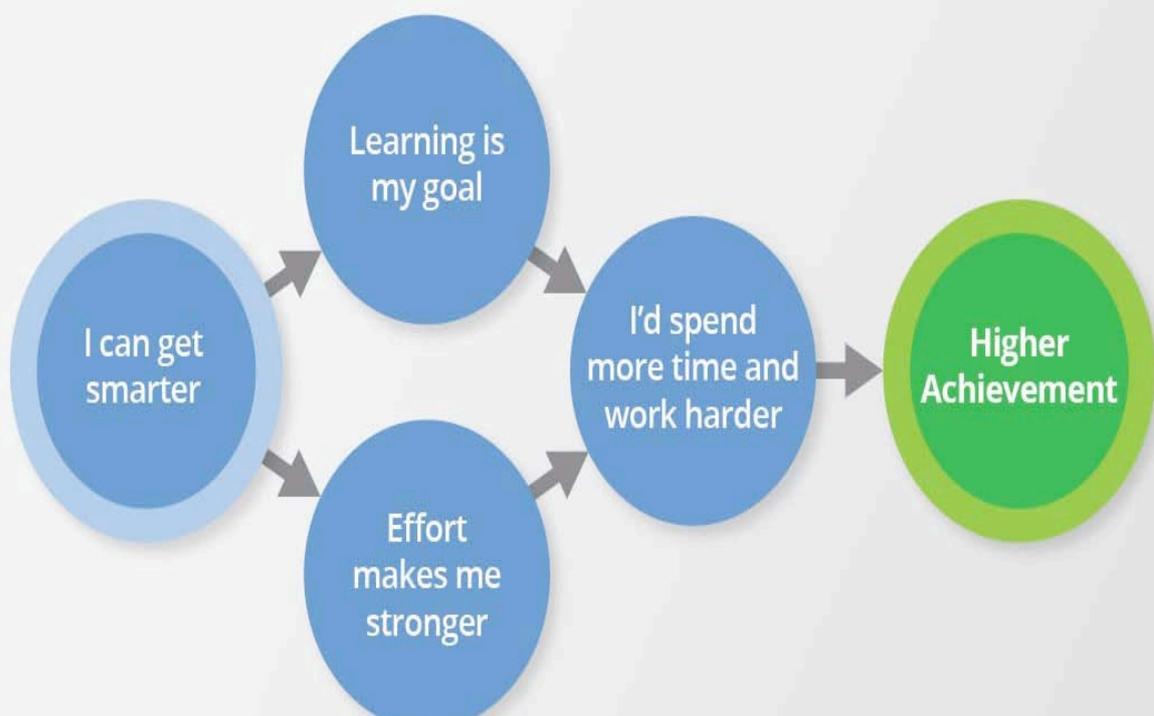
**Time + Effort = Success**

# How to develop a growth mindset

- Try different learning techniques
- Cultivate determination –  
I can attitude  
‘If you think you can, or think you can’t you are right’
- Replace the word “failing” with the word  
“learning.”
- Value the process over the end result



## A Growth Mindset Drives Motivation and Achievement



# Top Tips for effective studying

## 1. Get organised now

- Make a timetable to plan your study time and try to stick to it.

## 2. Don't spend ages making your notes look pretty

- This is just wasting time. For diagrams, include all the details you need to learn, but don't try to produce a work of art (unless you are doing Art GCSE).

## 3. Take short breaks

- Every hour, not every 10 minutes.

## 4. Get rid of distractions

- Phone addiction is a massive issue when studying. Turn phone off and put it in another room when revising, take off any games on your phone which are zapping your time. You may have to give your phone to a parent if you know you have little self-control. Using your phone whilst revising will make your revision far less effective. Use phone as reward and for short breaks and set a timer so you actually get back to work.

## 5. Use revision guides

- Which revision guides do you need to buy?

## 6. Eat and sleep properly

- Fuel your brain and rest your brain

## 7. Sit at a proper desk/table to study

## 8. Don't turn yourself into a studying zombie

- If you stop doing anything else but studying you'll turn into a zombie. It's really important that you keep time to do things you enjoy... like cinema, shopping, sports etc. When you're doing these try to relax and totally forget about revision which allows your brain time to process the material you are learning.

## 9. Do lots of practice exam papers

- This will give you chance to practice what you have to do in the exam. You wouldn't go for a driving test without practising how to drive a car. So don't go into exams without practising how to answer exam questions.

## 10. Develop a growth mindset

- This will help with your stress levels and give you a more positive approach to life in general.

# Your phone may normally be your best friend, yet your worst enemy when it comes to revision!



## Are you up for the phone challenge?

Download an app which will track how much time you are spending on your phone. You might be surprised by how much time you are actually on your device. The apps also allow you to customise your connectivity (limit phone usage) which is really useful if you are struggling to do so by yourself. **Go on find out your addiction score!**

### **Offtime (iOS, Android)**

This app helps users unplug by blocking distracting apps like Facebook and games and filtering communications. It includes information on how much you actually use your smartphone. You can choose tailored modes like Work, Family, or Me Time to ensure that you have access to the things you need, but aren't distracted by what you don't.

### **Moment (iOS)**

Moment tracks your device usage and allows you to set daily limits; the app notifies you if you exceed them. You can even use a setting that "forces" you off your phone by flooding your screen with annoying alerts when you try to extend your screen time.

### **BreakFree (iOS, Android)**

BreakFree includes the usage tracking features found in many similar apps, but it differs in that it breaks down the information into an easy-to-understand "addiction score." It also shows you how often you unlock your phone screen, and comprehensively logs your usage for the day. This system makes it a great choice for those who like to set goals and challenge themselves. Try to see how low you can get your addiction score.

### **Flipd (Android)**

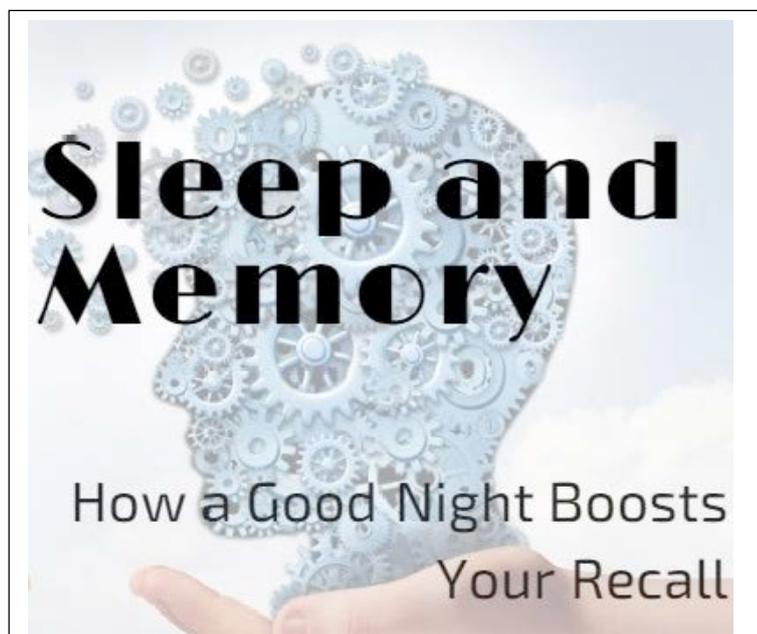
If you find that you need a more aggressive approach to unplugging, Flipd is the app for you. Flipd allows you to lock your phone for a set period of time, and once you do, there's no going back. Even restarting your phone won't disable the app, so it's impossible for you to cheat!

## The importance of sleep for improving your memory



### Did you know that:

- Sleep is needed in order to improve your memory and consolidate learning.
- You need to have deep slow brain wave sleep in order to process your revision into your long term memory. The brain categorises the information whilst you are sleeping.
- You need at least 9 hrs sleep per night to boost your memory.
- All night cramming will cause your brain to become frazzled and stop you from learning the information.



# Learning Styles

**Highlight which style fits with you.**

## CLUES

### Visual Learners usually:

- ✓ Need to see it to know it
- ✓ Have a strong sense of colour
- ✓ May have artistic ability
- ✓ May have difficulty with spoken directions
- ✓ May misinterpret words

### Auditory Learners may:

- ✓ Prefer to get information by listening
- ✓ Need to hear it to know it
- ✓ May have difficulty following written directions

### Kinaesthetic Learners usually:

- ✓ Prefer hands on learning
- ✓ Are able to assemble parts without reading directions
- ✓ May have difficulty sitting still
- ✓ Learn better when physical activity is involved
- ✓ May be very well coordinated and have athletic ability

## LEARNING TIPS

### Visual Learners should:

- Use graphics to reinforce learning; films, illustrations, diagrams and doodles
- Colour code to organise notes
- Use flow charts and diagrams for note taking
- Visualise spelling of words or facts to be memorised

### Auditory Learners should:

- Use tapes for reading and for class notes
- Learn by interviewing or by discussion
- Have test questions or directions read aloud or put on tape

### Kinaesthetic Learners should:

- Engage in experimental learning (making models and role playing)
- Take frequent breaks in their study
- Trace letters and words to learn spelling and remember facts
- Use computers to reinforce learning through sense of touch
- Memorise while walking or exercising

**Find out your learning style**

<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>

# Active Revision Strategies

Different people learn in different ways. Everyone can find study techniques which will help them to remember information. The most important thing to remember is that revision is challenging and needs to be active and repetitive.

## 1. Question & Answers

Write out a set of questions about a topic area and then answer these questions on a separate piece of paper.

- This is 2 pieces of revision in one go and is very active which aids learning. You will also have the questions to be able to quickly drill in information. You can test yourself or get someone to test you.

<u>Cell questions</u>	<u>Cells answers</u>
1. What are all living things made of?	1. Cells
2. What are the 2 types of cells?	2. Eukaryotic or prokaryotic cells
3. What is eukaryotic cell?	3. Are complex cells that include all animal and plant cells
4. What is a prokaryotic cell?	4. Are smaller more simpler single celled organisms like bacteria
5. What type make up organisms?	5. Eukaryotes
6. What type make up single cell organisms?	6. Prokaryotes
7. What does a bacteria contain?	7. A cell wall, cell membrane, cytoplasm, plasmid, slime wall and circular strands of DNA
8. What are the 3 things plant cells contain that animal cells don't?	8. Cell wall, chloroplast and a permanent vacuole
9. What does the cell membrane do?	9. It holds the cell together and control what goes in and out
10. What does the nucleus do?	10. It contains DNA and controls the cells activities

## 2. Journey technique

- Use an established journey
- Associate landmarks on the journey with the items to remember
- E.g. journey to school
- Could be useful for remember items in an order

## 3. Cue Cards

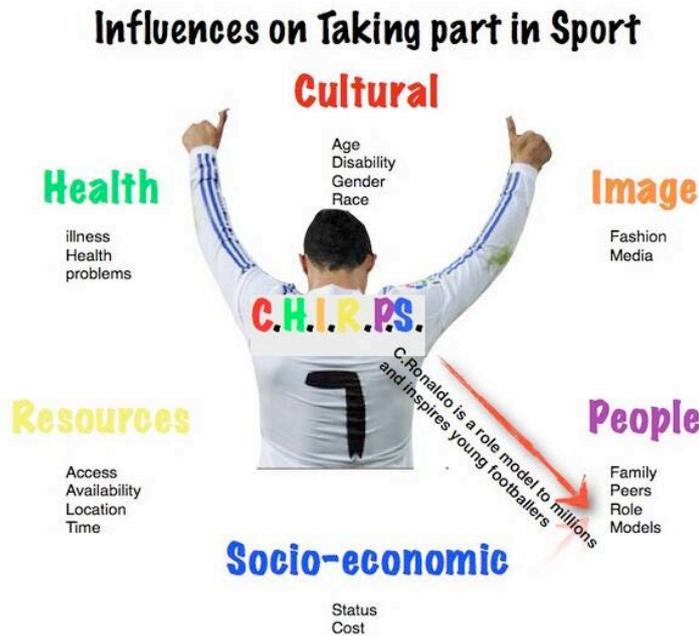
- Cards with key word or question on one side and answer/ definition/ formula/ short list on reverse. Use the info to drill the information in. (Not a good technique if you are disorganised as you will tend to misplace the cards).



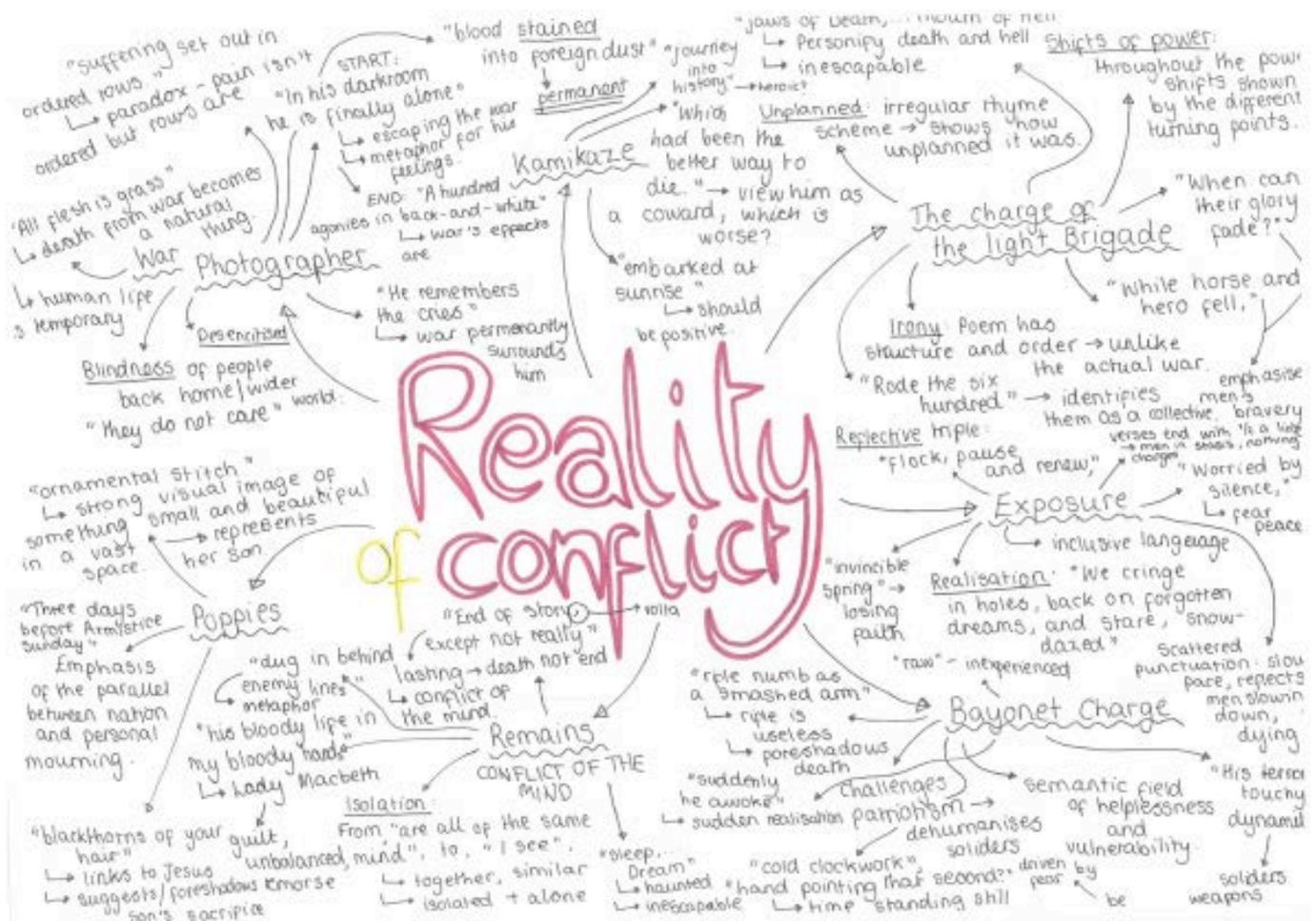
#### 4. MNEMONICS

This is a technical term, which just means one thing that helps you remember another. It helps to chunk information.

#### CHIRPS



#### 5. Mind maps

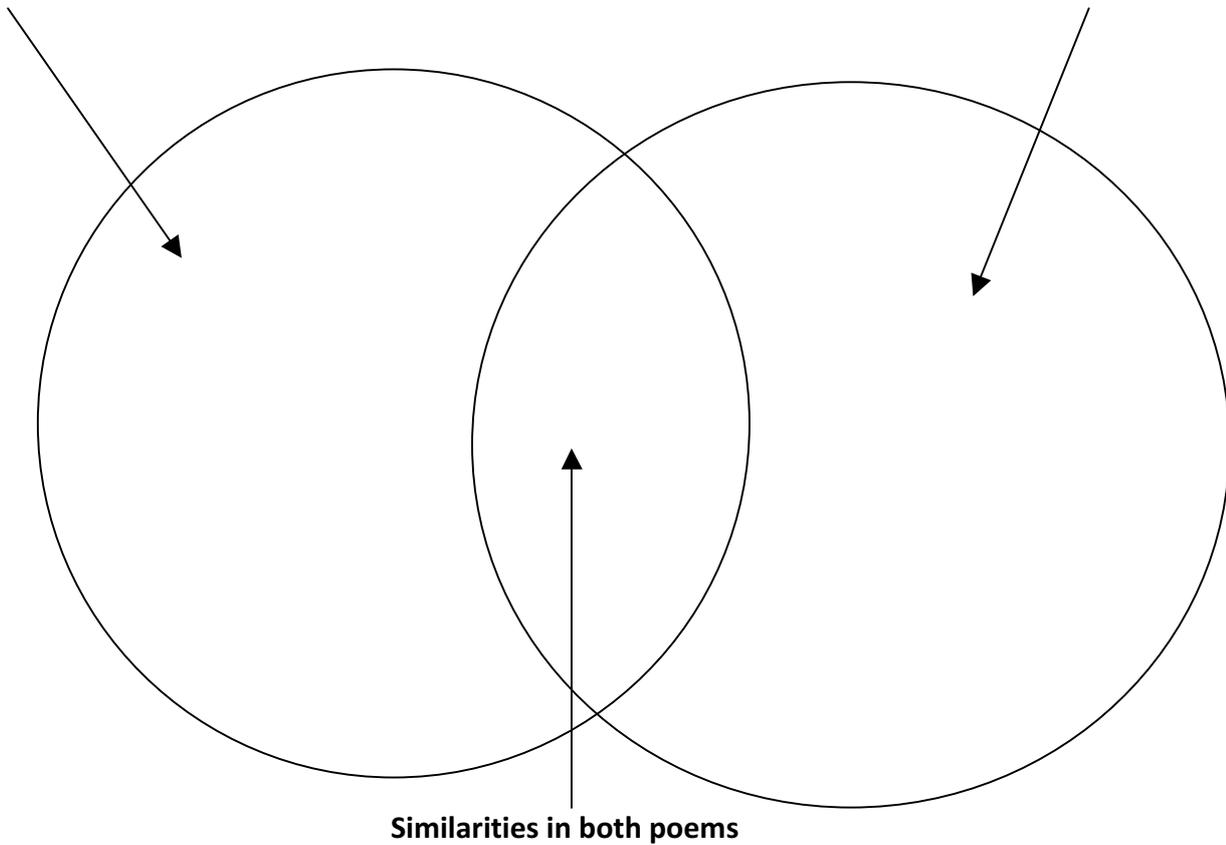


## 6. Venn Diagrams

Venn diagrams can be very useful especially in English as you may be asked to compare two poems or stories.

Differences in poem 1

Differences in poem 2



## 7. Rhymes and Songs

- Helps to remember knowledge in sequence
  - Learn by repetition
  - Have a look on You Tube there are lots! Great bite size revision!
- Song for the 21 Physics equations

<https://www.youtube.com/watch?v=G3K6ZdtFZlg>

- Song about cells

<https://www.youtube.com/watch?v=rABKB5aS2Zg>

- RAP about DNA

<https://www.youtube.com/watch?v=wdhL-T6tQco>

- Maths song

<https://www.youtube.com/watch?v=vg4ur4eOW6c>



## 8. Make summary notes

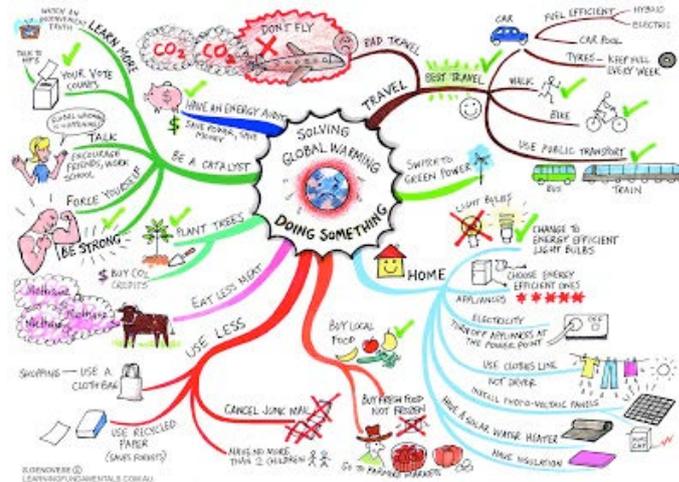
Crunching notes is by far the best way to memorise lots of information. We all have been there, sat down reading a textbook and lying to ourselves that the time is being used productively - it is not! The best way to memorise information is by making notes over and over again. It may be incredibly tedious but the thing is that the most successful candidates often make as many as three sets of the same notes in a run up to the exams which help them to memorise the required information.

## 9. Use your family and friends

Ask people around you to test you and give you feedback. You should already have made handy revision notes (see point 1 & 3). Why not give these notes of key dates covering Henry VIII's reign to your mum/dad/nan and ask them to test you? This is not only a good way to revise but also a good way to have a break from the hard work.

## 10. Draw

Drawing funny pictures or cartoon sequences that help you to remember a certain chain of events works well in things like science experiments. Any revision that requires you to put things into an order of some kind can be drawn!



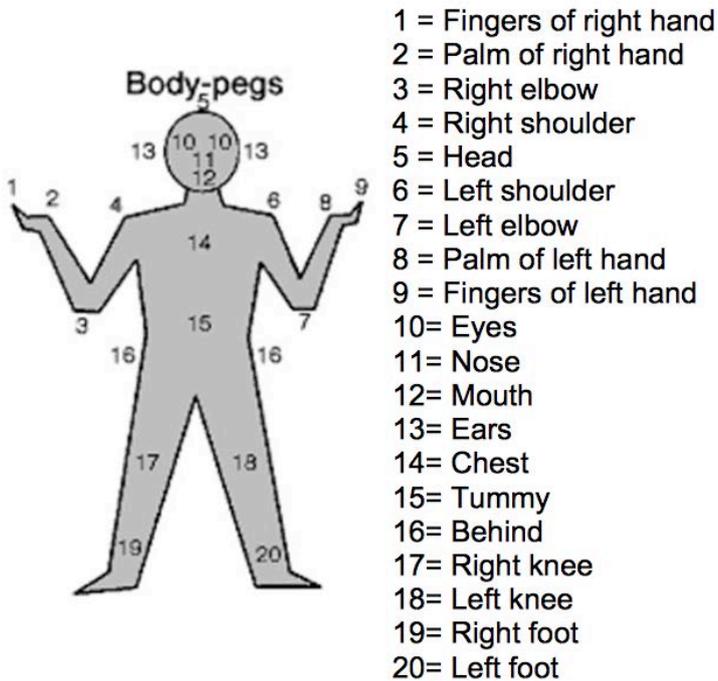
## 11. Decorate your room

Make your revision space into a revision centre. Lots of bright coloured posters, post-it notes and diagrams to hang around your room make you visit the information at regular intervals. Putting post-it notes on the inside of cupboard doors you use regularly or in places around the house you use often will keep your brain active.



## 12. Body Pegs

Put information on different parts of your body. Talk the information through out loud and move that part of the body.



**PRACTICE**  
makes  
**PROGRESS,**  
**NOT**  
**PERFECT.**

Also make use if the Internet

- BBC GCSE Bitesize
- SAM Learning
- Maths watch
- Mymaths
- Other subject specific websites – ask your teacher for more details!

### Pomodoro Technique

- The Pomodoro Technique is a time management system that encourages people to work *with* the time they have—rather than against it.
- You break your workday into 25-minute chunks separated by five-minute breaks. These intervals are referred to as pomodoros. After about four pomodoros, you take a longer break of about 15 to 20 minutes.
- The idea behind the technique is that the timer instills a sense of urgency. Rather than feeling like you have endless time in the workday to get things done.
- The forced breaks help to cure that frazzled, burnt-out feeling most of us experience toward the end of the day. It's impossible to spend hours in front of your books without even realizing it, as that ticking timer reminds you to get up and take a breather.
- For more info: <https://www.youtube.com/watch?v=mNBmG24djoY>

# Parental/Guardian Support

- Help to create a productive study environment at home (Gumtree, Sphock and Facebook marketplace)
- Get involved in helping them to organise their time.
- Limit phone/gaming to leisure time
- Value the process not the end result
- Test them using the Q and As
- Encourage them to try different revision strategies
- Make sure they get enough sleep

## Example of study timetable

### Organising time (3 Hrs)

	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:30	Math Intervention	Travel Home	Physics Intervention	Travel Home	Travel Home
3:30-4:30	Travel Home	English Lit	Travel home	English Lang	Sport studies
4:30-5:30	Physics	Chemistry	Math	Chemistry	RS
5:30-6:30	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-7:30	Biology	RS	Psychology	Geography	Basketball
7:30-8:30	Relax	Relax	Relax	Relax	Basketball
8:30-9:30	Relax	Relax	Relax	Relax	Relax

	Saturday	Sunday
8:00 - 9:00	Breakfast	Sleep
9:00 - 10:00	Football	Sleep/Food
10:00 - 11:00	Football	English Lang
11:00 - 12:00	Relax	Relax
12:00 - 1:00	Lunch	Biology
1:00 - 2:00	Geography	Lunch
2:00 - 3:00	Phone/Xbox	Sport studies
3:00 - 4:00	Psychology	Relax
4:00 - 5:00	English Lit	Relax
5:00 - 6:00	Relax	Relax
6:00 - 7:00	Relax	Relax
7:00 - 8:00	Relax	Relax
8:00 - 9:00	Relax	Relax

# STUDY TIMETABLE WEEKDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:30					
3:30-4:30					
4:30-5:30					
5:30-6:30					
6:30-7:30					
7:30-8:30					
8:30-9:30					

**Bed at 10pm – wake at 7am = 9 hrs sleep**

# STUDY TIMETABLE WEEKEND

	Saturday	Sunday
<b>8:00 – 9:00</b>		
<b>9:00 – 10:00</b>		
<b>10:00 – 11:00</b>		
<b>11:00 – 12:00</b>		
<b>12:00 – 1:00</b>		
<b>1:00 – 2:00</b>		
<b>2:00 – 3:00</b>		
<b>3:00 – 4:00</b>		
<b>4:00 – 5:00</b>		
<b>5:00 – 6:00</b>		
<b>6:00 – 7:00</b>		
<b>7:00 – 8:00</b>		
<b>8:00 - 9:00</b>		