

Effective study skills and learning habits



Three common study techniques that are **LEAST** effective in helping you learn are:

- Highlighting texts
- Re-reading
- Summarising text



Whilst these methods may feel like you are revising, there are many better methods to help you revise.



Flashcards

Simply create with questions on side and answers on the other side. You can colour code for specific topics and quiz yourself or others.



Post its can be also useful for key words and equations

How to use

There are a variety of ways to use flashcards in revision for the skills you need

Key words

Create for key words and terms



Equations

Create them for the equations you must learn



RPA's

Create them with the method on to learn the key RPA points



Using Flashcards

Using the Leitner Method, using the video below <https://youtu.be/C20EvKtdJwQ>



You can also create excellent flashcards online or on your phone using Quizlet which also had an app.



Retrieval Practice

Testing what you know is a powerful tool in revision, the effort to remember something really strengthens your memory

Apps such as Memrise and Quizlet allow you to use or create your own quizzes based on topics.

Create them, test yourself or get someone to test you, it's works!

How to use

Spaced

Test on old and new topics mixed up

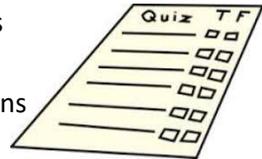
Knowledge Organisers

Use to create 'must know' quizzes for a topic

Types

There are a number of types you can create:

- Multiple Choice Questions
- True or False
- Short Explanation Questions
- Odd One Out
- If this is the answer then what is the question



Examples

'Give two examples of.....'

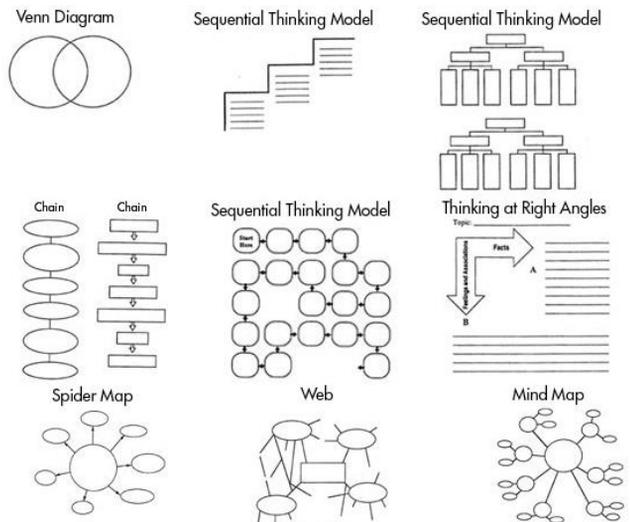
Transform It

Graphic organisers are a great way of 'transforming' your notes/information into visual revision topics.

They can be used to create links, show a narrative, identify the causes/consequences and importance of something.

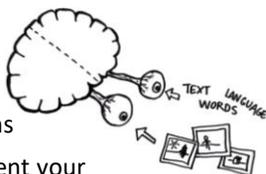
How to use

1. **Links between topics** – Create a mindmap/flow diagram to link the big ideas between topics. Eg: Energy and Electricity
2. **Comparisons** – Do a Venn diagram to compare models in electricity. You can also use it to compare renewable and non-renewable energy resources.



How to:

1. Use simple drawings with matching simple descriptions
2. The drawing should represent your understanding of the topic
3. Try to draw links between images



Dual Coding

Dual coding' is the method of putting your knowledge into visual form alongside words. It increases the chances of you remembering it.



An example activity you can do is creating a Sankey diagram to represent energy transfers.



Deliberate Practice

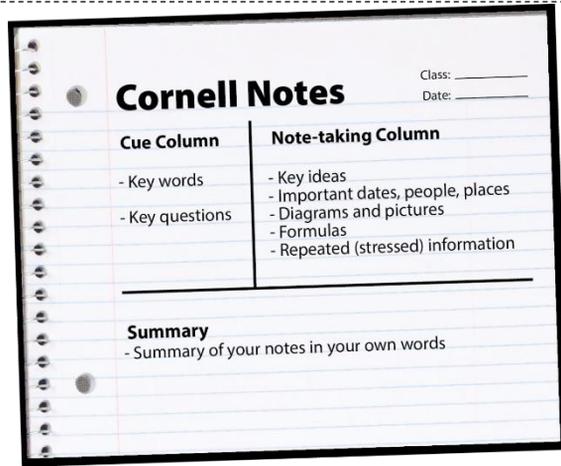
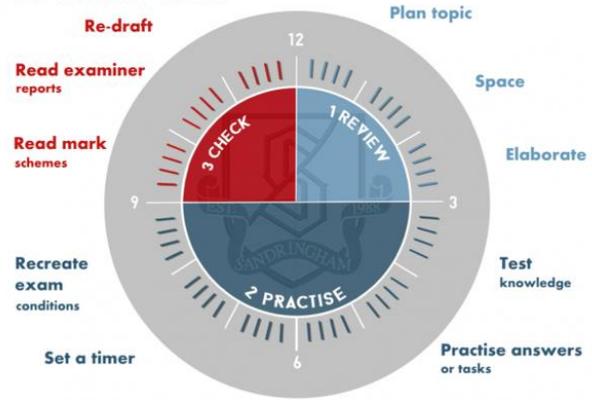
Set aside time to practice improving your knowledge or science skills. Choose what you need to do, it must be tough enough to challenge you, and practice, practice, practice!

You should focus on something that you are *almost* able to do but *not just yet!*

How to use

1. Use a model answer from the teacher, pull it apart and identify the key parts. Then answer a similar question and try to replicate
2. Study material, complete practice questions in timed conditions. Then use your notes to correct / improve your answer. A week later, redo a similar question. Repeat as necessary.

THE MEMORY CLOCK



The Cornell Method

This method can be used in your revision books as a great method to get you to 'think' about your revision. Simply split your page into 3 sections as shown on the diagram on the left:

- Note Taking
- Cues
- Summary

How to use

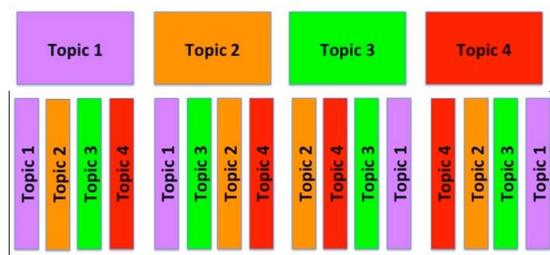
Use it to summarise a whole topic or theme, for example

- What energy stores and pathways are there?
- How are these used in specific transforms, eg: a ball falling?
- Take into account wasted energy stores, what impact would this have on the environment?

Interleaving and Spacing

Don't revise your all topics in one go (cramming), you should revise 'chunks' of a topic for small amounts of time (15 minutes) and then move onto another 'chunk' from a different topic. This will improve your memory!

e.g. 15 minutes on Cell Biology, then Electricity



Useful resources

- Index cards
- Post-it notes
- Sharpies
- Alarm clock/watch
- Highlighters
- Diary/notepad
- Folders/files
- Noticeboard



Eating and sleeping tips

