

Achieving – being successful in the Senior Phase

Study Skills Workshop



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Overview of Workshop:

- Effective Study Skills – practical study skills that can be used at home to support revision / learning.
- Key Advice on Building a Study Timetable
- Words of wisdom from our Senior School Captains – what worked for them.
- Question and Answer Session.

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Key Advice in supporting studying at home

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Step 1 – Time Management

- Encourage your young person to make a study timetable.
- Remind them to include breaks in their study timetable.
- Remind them to block off time for their other activities (i.e. extra-curricular clubs, organised social activities, etc.) so their timetable is realistic. They do not need to drop extra-curricular clubs as these can help to reduce stress levels – instead plan around these.

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Step 2 – Being Realistic

- An effective study timetable should be realistic – we do not expect our students to be studying every night all night.
- Realistically to begin with at this time of the year, 1 to 2 hours per evening during the week would be a good starting point.
- They should also ensure they spend equal times on all subjects – do NOT just focus on the subjects that they enjoy!

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Step 3 – What does good studying look like?

“When students simply re-read a textbook or notes, they show no improvement in their learning”

University of Washington, Psychology Department

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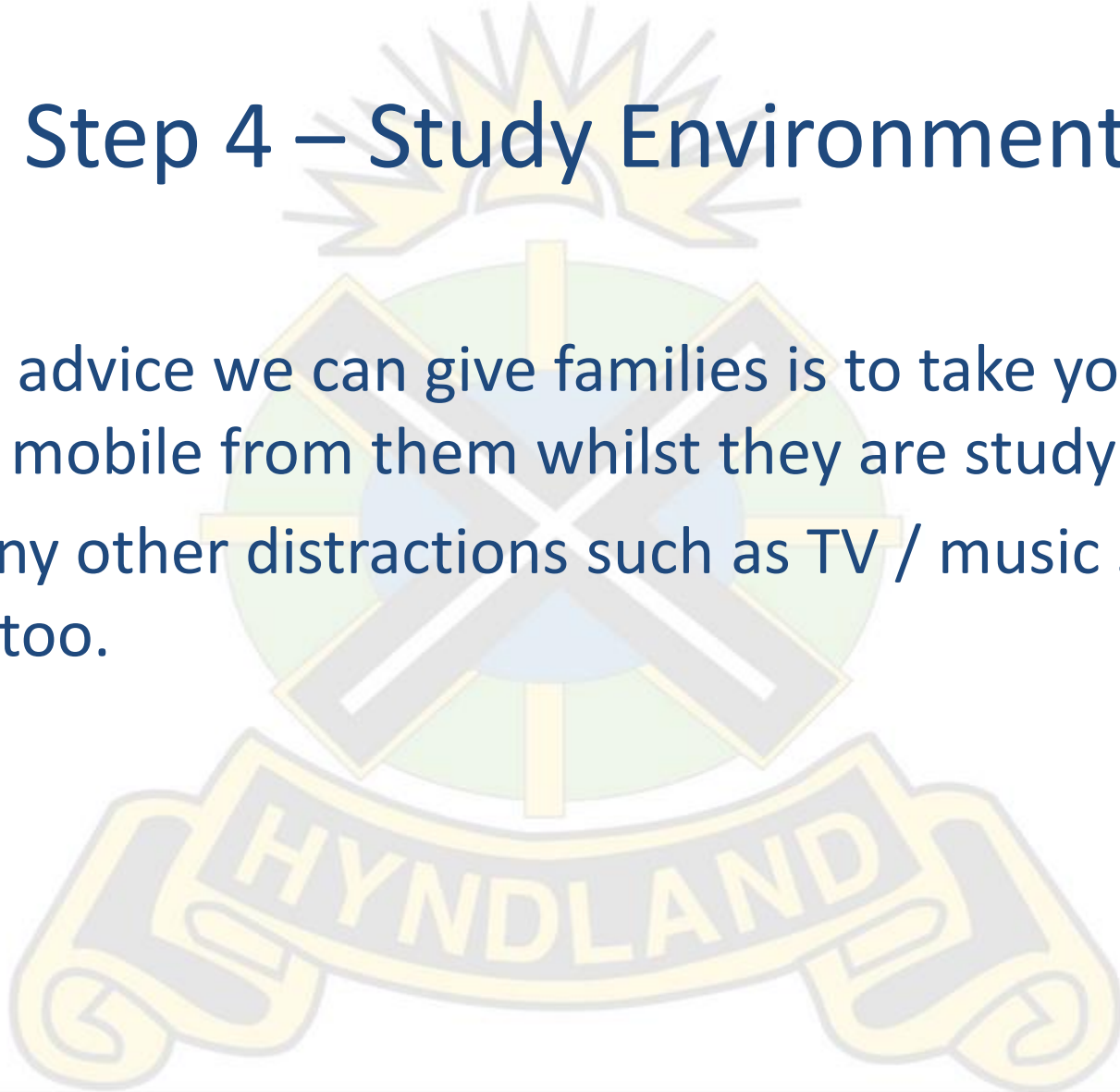
Step 3 – What does good studying look like?

- If a young person is studying effectively, there should always be an 'end product' produced which you can ask to see as a parent. For example this may include;
 - ✓ Created flashcards
 - ✓ Completed past paper questions
 - ✓ Copied down notes and summarised them
 - ✓ Created mind maps / spider diagrams
 - ✓ Quiz created and completed to test understanding
 - ✓ Created list of 10 things they know about....

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Step 4 – Study Environment

- The best advice we can give families is to take your young person's mobile from them whilst they are studying.
- Ideally any other distractions such as TV / music should be avoided too.



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Study Techniques that
work!

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1. Flashcards

- Flashcards are small pieces of card on which you write down some key facts or ideas you need to remember and understand.
- There should not be lots of writing on each card.
- Students should **summarise key information** to make it more manageable.
- Parents can then help by using the flashcards to test their young person's learning at home.

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Flashcards in action:

- English – quote on one side and analysis of quote on other.
- Modern Languages – key vocabulary e.g. English on one side, French or Spanish on other.
- Music – listening concept word on one side and explanation on other side.
- Social Subjects – question on one side, and bullet point answer on other side.

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2. Mind Mapping

- A mind map is a very visual way to explore thinking on an idea or topic.
- Begin by writing the main topic in the centre of a blank page.
- Branches can then be created stemming from the main topic in the centre of the page. On these branches, write down ideas related to the main topic. From these first branches, have further branches stemming off, which further explore each of the ideas.
- Colour and pictures can be used to help make it more visual.

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Mind mapping in action:

- English - Exploring the different aspects of a particular character in a novel or play.
- PE – this can be used for all SQA exam questions such as factors impacting performance.
- Art – Exploring an artist / style of art work.
- Business Management – again like PE, can be used for all SQA exam questions.

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3. SQA Exam Questions from past papers

- The simplest way to use past papers, specimen papers or practice papers is to work through them under timed conditions for exam practice.
- Students can attempt papers with their course notes in front of them at first. This will help you to write model answers for the types of questions they are likely to face in the exam.
- When confident, they can then try a paper without their notes in front of them.
- **All past papers can be accessed free on the SQA website.**

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SQA Exam Questions in action:

- Maths – this is the BEST way to study – complete every past paper question over and over – similar questions appear each year in the exam.
- Social Subjects – completion of source based questions – students have to answer these questions a particular way – practice = perfection.
- Science – again practising SQA exam questions is a great study technique, especially the multiple choice questions.

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The crest of Hyndland School is centered in the background. It features a green shield with a blue cross, a yellow sunburst at the top, and a yellow banner at the bottom with the word 'HYNDLAND' in blue capital letters.

Words of wisdom from our
Senior School Captains

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