

# Dalbeattie High School

## Study, The story so far....



In each year of school young people take part in activities designed to help them build the skills they will need for learning in later life.

### **In S1 students complete the following activities**

Memory games	to demonstrate techniques for memorising important information
Mind Mapping	to demonstrate techniques for displaying and learning information
Homework planning	to highlight the importance of good homework practice
Target setting	to allow students to assess their own strengths and weakness and plan improvement
Brainology	to reinforce the idea that if you believe that you can learn something you will be able to- growth mindset

### **In S2 students complete the following activities**

Following oral instructions	to demonstrate and practice following oral instructions
Mind Mapping	to reinforce and practice techniques for displaying and learning information

### **In S3 students complete the following activities**

Following written instructions	to demonstrate and practice following written instruction such as those on exam papers or forms
Target setting	to allow students to assess their own strengths and weakness and plan improvement
Career planning/subject choice	to allow students to research careers of interest to them, help them to plan their curriculum to achieve those careers. This can often act as a motivating factor in study

### **In S4 students complete the following activities**

S4 Following instructions (direction vocabulary)	to demonstrate and practice following direction instructions such as discuss, examine, list, outline, develop on exam papers
Study planning	to give students guidelines for effective study planning and allow them an opportunity to develop their own study plan
How to study	to discuss learning styles, to highlight and practice different approaches to study
Relaxation techniques	to provide and practice effective relaxation techniques which are useful in general but particularly in exams

## **Study planning**

**The basics of study planning are shown below, these may help you to help your young person to make the most of the time they spend outside school**

- Forward planning is important
- Homework is not study
- Needs to be planned around existing commitments
- Aiming for 1-2 hours per night
- Should not be using communication devices when studying eg Facebook, MSM, texting
- Use calendars, to do lists etc, to keep organised. Have them visible on wall or on study desk.
- Do not study late into the evening – 9pm at the latest.
- Have 2 – 3 minute study breaks every 15 – 20 minutes. After 1 hour studying have an extended break of 15 minutes.
- Drink water when studying.
- Chewing gum when studying at home can help your memory.
- Commit to as much studying as you can.

## Learning

Simply looking at books is not enough to count as studying. Young people must be actively engaged in learning. This is often something they find difficult. Here are some of the ideas discussed in class to help ensure revision is learning

### 1. Read it

Everyone will need to read to help them learn. There are different ways to read,

Brief glance	at the start just glance over what is to be read
Skim it	pick up the main points, headings etc
Search it	finding the information that you require
Speed it	speed up reading, use a ruler under each line which will help you focus and read faster
Slow it	Slow down so that you can read to fully understand what is contained in the information. This takes the most concentration. Take notes.

### 2. Jot it

Taking notes is very important and very different from copying word for word from jotter or notes

when you take notes, it is very important to try to put the information into your own words.

You can do this in different ways;

- use memory cards – question on front and answer on back,
- mind mapping
- notes on lined paper.

Try to make whatever method as visual as possible – use

- different coloured pens,
- pictures,
- diagrams etc.

### 3. Memorise it

While learning is the most important skill of revision there will be fact, formula and figures which have to be memorized.

Try to develop your memory from now. Use fun things like

- quizzes,
- crosswords,
- sudoku,

Start to use different ways to memorise things needed for exams by using

- pneumonics,
- mind maps etc.

### 4. Map it

Use mind maps using words, rhyme, colour, pictures, doodles, cartoons and any other way that helps.

## Notes from presentations