

Gracemount High School

Study Skills



What is study?

Study is learning, revising, explaining. Being able to recall and use the knowledge. Your main focus at school should be to be responsible for your own learning, becoming an Independent learner.

Top tips for Study

- Attend all your lessons
- Have all your equipment
- Participate and try your best- ask questions, discuss topics with your peers
- Always ask if you are stuck - your teacher, a member of staff or a classmate
- Keep your notes for each subject up to date. Review each unit as
- *GASS* / Study support - *GASS* is a tremendous opportunity to get extra help and guidance from your teachers. Make sure you have something specific to get help about. Teachers are not mind readers. You need to tell them what you need help with.

Time Management ...fitting everything in



As a pupil you have to balance a number of study tasks, leisure activities, and household chores or work each week. The best way to be in control of this is to have a planner. You could use your *Gracemount* planner, or paper planner, pinned on your bedroom wall, or in one of your school folders, or you could use the calendar facilities on you mobile, tablet or computer. (See the example on the next page)

Planning your time - Remember to add everything to your timetable.
 If you plan, you can fit everything in. Try to have a balance, not too much study or too much leisure / social time.

	7-8.30	8.30				
Monday	Get up / wash / breakfast/ walk to school	School	Fb/Twitter/	Pointless / Tea	Gym	Computer / TV / Bed
Tuesday	Get up / wash / breakfast/ walk to school	School	Maths Gass Fb/Twitter/	Pointless / Tea	Art Folio piece	Computer / TV / Bed
Wednesday	Get up / wash / breakfast/ walk to school	School	Fb/Twitter/	Pointless / Tea Maths Hwk	p/t job Asda	Bed
Thursday	Get up / wash / breakfast/ walk to school	School	History Gass Fb/Twitter/	Pointless / Tea		Computer / TV / Bed
Friday	Get up / wash / breakfast/ walk to school	School /	Swimming Fb/Twitter/	Pointless / Tea	Cinema	Computer / TV / Bed
	7-9	10-12	12-3	3-6	6-10	10-12
Saturday		Fb/Twitter/ Clean Bathroom	Out for Pizza	Hibs v Hearts game		Computer / TV / Bed
Sunday		Go for a run	Type up English essay	Revise for computing test	p/t job Asda	Bed

Learning Styles

Everyone learns best in his or her own way. By trying different techniques, you can figure out which methods work best for you. Below are strategies that help students with different learning styles. Try them, adapt them, and add to them. However a combination of all the strategies works best.

Optimum learning is achieved when all senses are involved.

Auditory Learners:

Auditory learners absorb information best by *hearing* it aloud. They do well with spoken instructions and class discussions.

- Try recording yourself reading your notes and play it back to yourself
- Have a study partner read your writing aloud to you while listening for mistakes or possible changes
- Say sentences aloud before or during writing
- Brainstorm into a tape recorder and play it back, stopping as you write
- Speak aloud through steps of problems/assignments and instructions
- Attend study group sessions



Hands-On/Kinesthetic Learners:

Kinesthetic learners understand and learn through the process of doing.



- Involve motion into studying
- Take breaks from long sitting sessions (get up, move around)
- Draw maps, mind maps, and diagrams of projects/papers

Visual Learners:

Visual learners understand concepts by being able to *see* them, and they learn new tasks by *watching* them demonstrated.

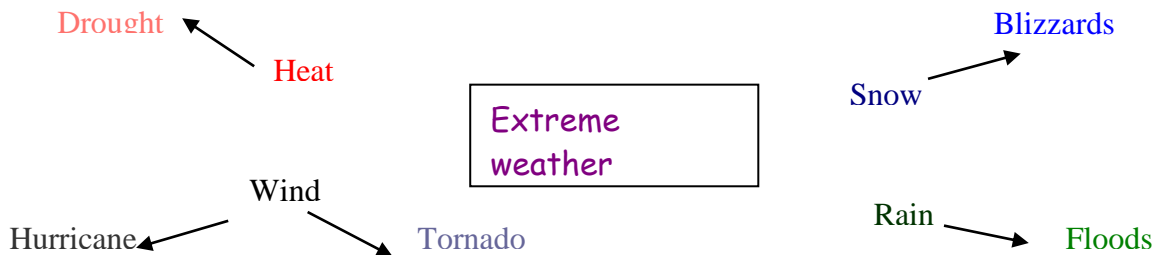
- Use symbols and abbreviations in your notes
- Learn shorthand (or develop your own!)
- Ask for demonstrations and examples whenever possible
- Outline, mind map
- Draw diagrams and pictures
- Colour code
- Study away from visual distractions (i.e. televisions, posters, motion)



Note Making Skills

There are a number of ways to make notes and for a variety of different purposes. - Research, revision, reviewing

Brainstorming - use at the start of a piece of work to put down what you know already about a topic and what you would like to find out.



Linear notes - these are the most common type of notes, which follow the order of what a teacher is saying or a text you are reading, or a DVD you are watching. They normally require you to go back and re write them for better understanding, or allowing you to use your own words.

Visual notes - If you are a visual learner, or need to remember diagrams, these are really good notes to make. You may need to make mood boards for Art, Dance, Cake Decorating or Beauty.

Headings / Bullet points - It is always important to know what you need to make notes about, so creating headings or questions help you structure your research. You can also use these notes when reviewing information.

Grid notes - These help structure your research and note making. An excellent way of remembering where you got your information. If you need more space, use a bigger piece of paper.

Mind Maps* see separate section - Mind maps are an excellent revision tool

Top tips

- Use Abbreviations, symbols, acronyms (abbr, 😊 NATO)
- Use coloured pens - bright notes help you remember!
- Highlight important points
- Underline important points
- Use diagrams / pictures



Mind Mapping!

You've probably already heard of Mind Mapping. Maybe you already use it in your lessons. But if not here's what you need to know:

A mind map is:

- An easy way to get information into and out of our brains.
- Quick and it works
- Best way of coming up with ideas and planning projects.

Here is an example of how a mind map works:

What pops into our head if I say the word HOUSE?



Would it be a **printout** of the word, written in a line across the page? Or would you get a **picture** in your mind?

For most people, it would be a visual image of your own house, or the place where you live. That's because your brain thinks in colours and pictures. You can use this fact to help revise important information for school .

Mind Map Tool Kit:



Blank paper (landscape)
Coloured pens
Your brain

How to Mind Map:



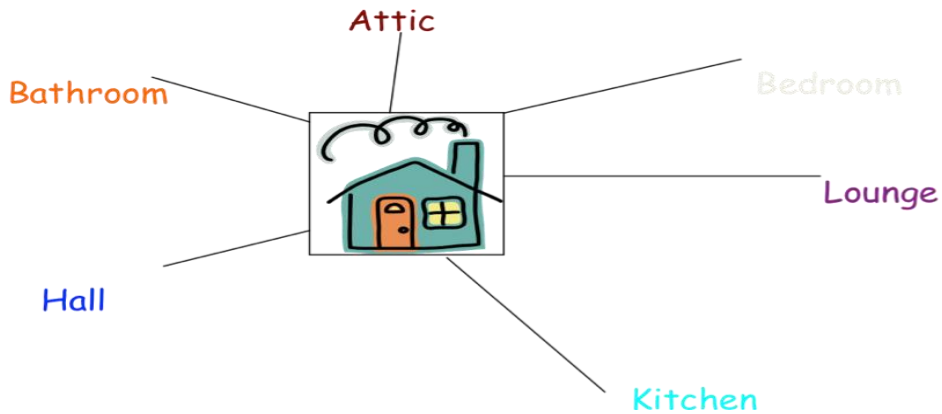
1. Draw a picture in the middle of the paper that sums up your main topic/subject.
2. Draw some thick lines from the picture to show your main ideas.
3. Now add some pictures and notes to aid your memory. You can add in extra lines - like the branches of a tree to extend your ideas.

Here's a step by step guide- in pictures- of how to mind map!

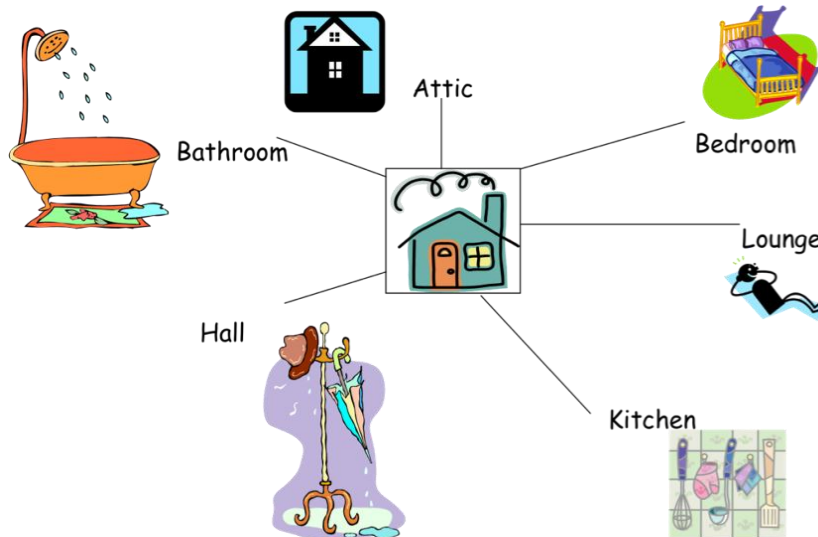


Step One: Write/Draw your main topic in the middle of the paper.

Step Two: Add the most important topics.



Step Three: Add information about the most important topics- either as notes or pictures.



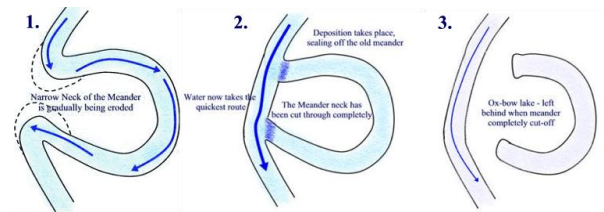
Step Four: Look over your mind map to revise a lot of information at once. You can see what's most important, how links are related and any notes or pictures that can be used to demonstrate your own, personal understanding of what you have learned.

Condensing Notes

One method to use for revision is to reduce your class notes.

From a complete topic > to note form > short sentences > headings.

- For each topic, condense all the important information onto one A4 sheet of paper. Sometimes drawing diagrams make are better than written notes
- Further condense the information to an A5 sheet
- Create memory cards, with just the headings and a few key facts. It is these headings that you use for revision in the closing days leading to your NABs or exams.



Notes reduction for CDT might have a heading

Industrial Processes

This heading should trigger a range of industrial processes, casting, shaping plastic

- If by any chance the brief notes are not clear, students can refer back to the complete topic.

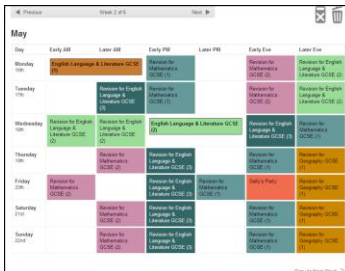
This will eventually be timesaving as you don't want to be going through your complete set of topics close to an exam. Passing exams to a good standard is hard work. It requires commitment and organisation, that will eventually help save you stress and anxiety.



Exam Preparation

Passing exams to a good standard is hard work. It requires commitment and organisation, that will eventually help save you stress and anxiety. Here are ways to help you be prepared for your exams.

- Make an exam and study timetable - see the example on the next page



Day	Early AM	Later AM	Early PM	Later PM	Early Eve	Later Eve
Monday 10th	English Language & Literature (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)
Tuesday 11th	English Language & Literature (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)
Wednesday 12th	English Language & Literature (CCSE)	Mathematics (CCSE)	English Language & Literature (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)
Thursday 13th	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)
Friday 14th	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)
Saturday 15th	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)
Sunday 16th	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)	Mathematics (CCSE)

- Start early; do not leave everything to the last minute.

- Be realistic, do not try to cram everything into one day

- Use the SQA website / Prelim timetable for the dates and times of your exams

- Make sure you chunk your revision - manageable portions.

- Revise a section at a time, take a break then go back and test yourself

- Remember to add in fun activities / breaks. Exercise is good for your brain!



- Get help if you are struggling. Your teacher will be available, even a friend or fellow pupil could aid you.

- Keep hydrated - drink plenty water, this aids concentration.



- Have everything you need to hand - pens, equipment, notes etc.



Different ways to revise

- Lessons - make the most of your time at school
- Attend *GASS*, Easter revision sessions and see if teachers are available for help during exam leave
- Past Papers - look at the key questions / words

- Teach a friend - explain a topic to a classmate.



- BBC Bitesize - go through the revision pages, then take the test.



- GLOW

- Revision Guides

- Use your own notes -
 - Condense, reduce your notes - see page
 - Picture notes - Draw diagrams and add labels and notes
 - Mindmaps - * see separate information on page

Exam Day



- Wake up and have something to eat.
- Make sure you have all the equipment you need - Pens, pencils, rulers, calculator, candidate number
- **TURN UP FOR THE EXAM!**
- Get to school in plenty of time for the exam - find the location of the exam and your seat number
- Remember to read the instructions on front of the paper and write in your name and candidate number



- Read the questions carefully. The numbers in brackets after the questions, indicate how many marks the questions are worth. This should also give you a clue as to how much detail you should be giving to each question. An eight-mark question will require more detail and facts than a two-mark one.
- Keep an eye on the time and remember to answer all the questions.
- If you are stuck on a question, move on and come back to it later.
- Use all the time, try and check over your paper, you may have remembered something to give you an extra few marks.

GOOD LUCK!