

## Study Skills

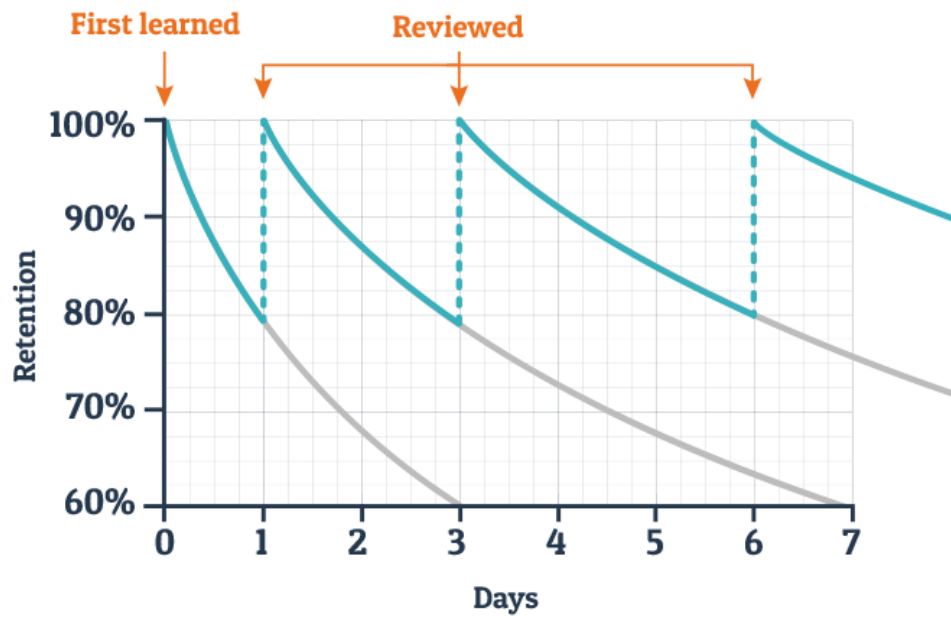
At Fortismere, we teach study skills through Enrichment at the start of Year 7, in PRE in Year 10 and through tutor time and assemblies in Year 11.

According to a meta-analysis by John Hattie et al, published in 1996, and available at: <https://journals.sagepub.com/doi/10.3102/00346543066002099>, the most effective way of teaching study skills is in context. The best way to teach how to plan an economics essay will be in an economics lesson. Therefore while we teach the fundamental of study skills separately, the vast majority of study skills are taught within subjects by the students' subject teachers.

### Approaching Revision

1. Audit. Make a list of the topics for each exam.
2. Make a revision timetable. There are plenty of apps that offer this and but you can just use pen and paper. Include social times and breaks and meals. Mix subjects up so you don't get bored. People who don't have revision timetables are constantly having a nagging feeling that should be revising. If you've got your timetable and you've scheduled your breaks, you can enjoy your downtime without guilt.
3. Working environment. Ideally this is somewhere you won't be disturbed. Somewhere quiet. Perhaps a bit of background music is good. Sometimes it's good to have music without words. A lot of your revision is going to benefit from using the internet, but if you don't need the internet for what you're doing at that time, turn it off. And definitely put your phone away, in another room, on do not disturb.
4. Reward. In your breaks, make sure you reward yourself with something you like doing. After a period of focus your brain needs a chance to rest and return to its default mode of being relaxed. This helps to make memories stick and become long term. Changing your focus of attention to something else won't help. In fact it blocks memories being stored so avoid phones, internet browsing and social media. Instead take a proper break. Change your location by going for a walk, outside ideally. Make a cup of tea or listen to some music you like. You'll be more focused when you return to your studies.

## Typical Forgetting Curve for Newly Learned Information



It is important to return to information regularly after you first learn it.

## Techniques

This research “Improving Students’ Learning With Effective Learning Technique” was published in 2013. The full research can be found here:

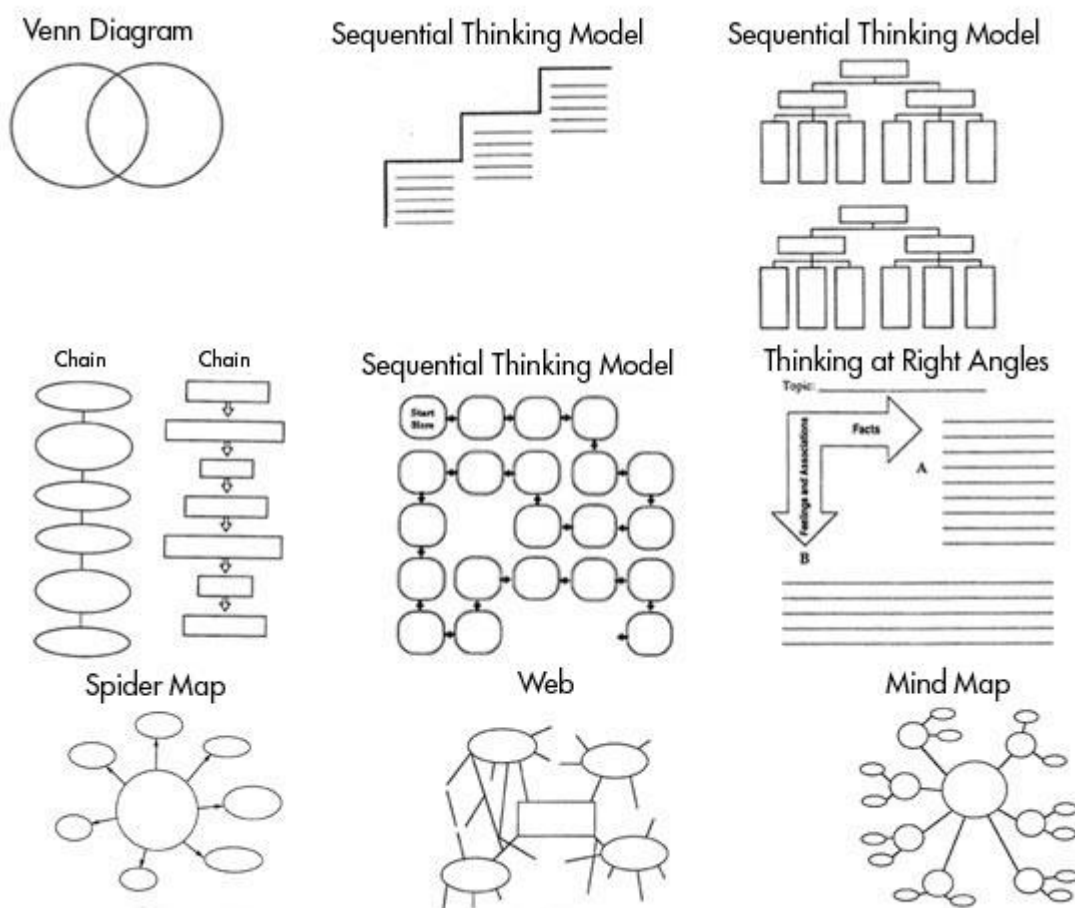
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The research looks at 10 techniques that are commonly used in revision: Explain a point to someone else; Explain to yourself; Summarise; Highlight; Making mnemonics; Making mental pictures; Rereading; Practice testing; Spreading study over time; Switching between subjects and topics.

It found that the two most effective techniques were “Practice Testing” and “Spreading study over time”.

Practice testing can involve practicing recall via actual or virtual flashcards, completing practice problems or questions or completing practice tests. This means testing yourself, testing your friends, getting someone at home to test you or using past papers and doing them.

Beyond this, it is important that your revision is active.



Further advice can be found at:

<https://www.theconfidentteacher.com/2018/01/top-10-revision-strategies/>