

Weekly Timetable for Independent study

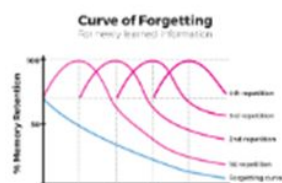
Set time aside each week for studying, this includes homework and revision activities. Also plan time for relaxing and spending time with family and friends.



Aim to study little and often in blocks of 1 or 2 hours rather than leaving it all to the last minute on a Sunday afternoon.

Ebbinghaus Forgetting Curve

Aim to study little and often in blocks of 1 or 2 hours rather than leaving it all to the last minute on a Sunday afternoon.



Revisiting topics a number of times is also important. Ebbinghaus Forgetting Curves shows us how learning memories decay over time.

Pomodoro Study Technique

Use a timer to structure your study time and stay motivated..



1. Select a task such as a series of maths questions or extended writing task.
2. Set the timer for 25 minutes
3. Focus on the task without distraction
4. Take a well deserve 5 minute break

Repeat 2 or 3 Pomodoro sessions in a study block

Metacognition

Metacognition is the awareness of your own thinking and learning. This improves the effectiveness of your study sessions.

Plan - what do you need to learn and how will you do it?

Monitoring - reflect on your learning as you work through the session / topic / exam paper

Evaluate - how effective was your studying? Did you achieve your aim?



Desirable Difficulties

A desirable difficulty is a learning task that is not particularly easy and requires a desirable amount of effort to complete or solve. This effort, it has been found, can improve long-term memory and performance (Bjork, 1994; Bjork & Bjork, 2011).

Study time should be challenging and require effort to concentrate and process the information.

Switch your phone off and leave it in another room while you revise.

Automaticity

Automaticity is the ability to do things by habit. Automaticity is the result of learning, repetition and practice.

Practice exam questions over and over to refine your technique and skill.

Look, Cover, Say Write Check

- | | | |
|--|-------|---|
| 1. Look at some information you need to revise | Look |  |
| 2. Say it in your head a few times over | Say |  |
| 3. Cover it | Cover |  |
| 4. Write it down | Write |  |
| 5. Check you got it correct. | Check |  |

Repeat this with key words, facts and important information.

** Make sure you also understand the information as you read through it.

Flashcards and Leitner Method

Great for summarising key information from a particular topic or unit. Write key information on each card. Use

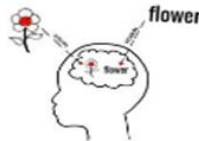


bullet points, dual coding. Put questions on one side and answers on the other.

Use the **Leitner Method** when memorising flashcards. Review the ones you know less frequently, than the ones that you don't know.

Dual Coding

This is the process of using words and images to take notes.



The visual images enable our working memory to process this information and make sense of it.

Use colours, images, abbreviations and symbols to visualise the information you are revising.

Blurting aka Brain dumps

A quick and effective revision activity, you just need 2 different colour pens, an A4 page of paper and a topic that you want to revise.

1. Spend 2 or 3 minutes skimming through the information, when ready cover it over
2. Write down everything you can remember about the topic on the page.
3. When finished, swap pen colours and use your notes to fill any gaps and add missing details.

Study Buddies

'Just a Minute' spend one minute telling your study buddy everything you know about a topic.



'Tell me 3' - tell your study buddy 3 facts about a particular topic, or 3 key words, or 3 things from last lesson / week / unit.

Feynman Technique - revise a topic or area of study, Explain it in detail, but in simple language to your study buddy. Identify gaps in your knowledge and use notes to fill them.

Cornell Notes

Divide an A4 page into 3 sections.

Write the main body of notes in the centre.

When finished, go back through your notes and identify key words / points and write these in the margin.

Summarise the information in 3 bullet points and place these at the bottom of the page.

