

Advice on How to Study



Lesmahagow High School

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Give yourself enough time to study

Don't leave it until the last minute. Most of us need time to study, discover weaknesses and fix the weaknesses. Create a study timetable that starts today.

Research discovered that spreading your study over a longer time improves your results.

Organise your study space

Find a comfortable place to study. Make sure you have enough space to spread your textbooks and notes out. Remove distractions. Have all the equipment that you need to hand e.g., pencils, pens, eraser, calculator, and water.

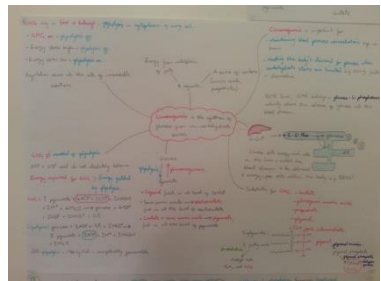


Keep your notes organised

Keep your revision booklets, jotters, presentations and your own notes in order so that you can find them.

Create diagrams or mindmaps

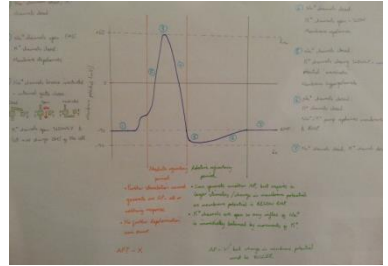
Visual aids can be really helpful when revising. Create a scrapbook of your diagrams or create a poster for your wall/wardrobe door.



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Make your own study materials

Create helpsheets, practise exam questions or flash cards to help you study. This way you learn it all twice: once when you make the study materials and once when you use them to revise. Share them with your friends.



Explain ideas to others

Friends or family can help by listening to your explanation of a part of the course. That will help you to get it clear in your head, and also to highlight any areas where you need more work.

Organise a study group with friends

Meet with friends for a study session. You can help each other with areas of the course that are challenging. If you can stay focused on the topic for an agreed amount of time, this can be one of the most effective ways to learn.



Become familiar with the exam paper

This helps you get used to the wording of the questions, and - if you time yourself - can also be good practice for making sure you spend the right amount of time on each section. Mark your questions and don't be annoyed about your mistakes – just learn from them.

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Study materials that you think you know

Students who read over material that they know retain four times as much after a month than students who didn't read over it again.

Re-read material often

A student who does not re-read material can forget 80% of what has been learned in only two weeks! The first review should come very shortly after the material was first studied. This helps you to remember far longer.

Ask for Help

If you're stuck on something, ask for help. Talk to your teachers or friends about the things you don't understand.

Go on-line

Make use of:-

- Lesmahagow High School website – some subjects have really useful resources
- BBC Bitesize
- Scholar
- YouTube
- Google

Block distractions

There are applications that can be downloaded to block Facebook and other distractions at certain times.

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Attend Supported Study

Come to Supported Study to discuss problems you have with the course.

Take regular breaks

If you were training for a marathon, you wouldn't try to run 24 hours a day! Studies have shown that taking regular breaks helps you to retain knowledge.



Get plenty of sleep

Your brain processes what you have learned while you sleep. Go to bed at a sensible time.

Keep a Study Diary

Each time you study you could note the date and what you did. This makes you feel good as you can give yourself a pat on the back each time you write in your Study Diary. You might share it with your family to show them how busy you have been.

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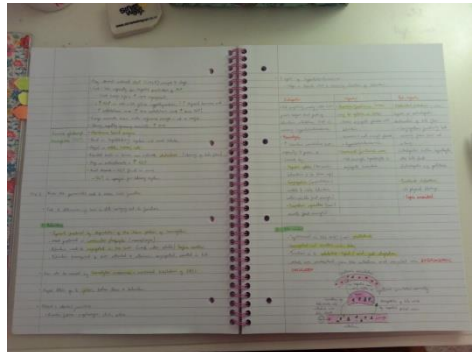
Skills that you use when learning



Just remembering facts is not enough to achieve a good grade. Some exam questions give you a chance to:-

- show your understanding
- analyse
- evaluate
- create

To achieve an A or B you need to practise these types of questions.



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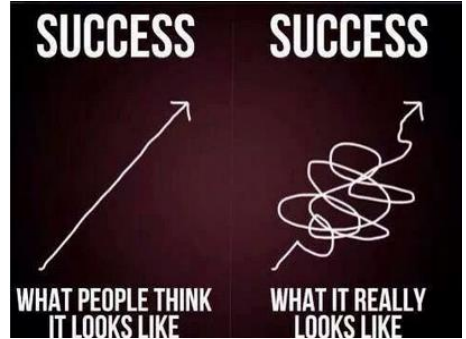
Home Study Ideas (the basics)

- Read your notes or the presentation on one topic
 - Brief reminder
 - You might:-
 - Read aloud / Draw a mind map / Make notes / Highlight weaknesses / Make flashcards
 - Get someone to test you or use the questions in the presentation to test yourself – your own answers should be in the poly pocket behind the presentation
- Read/skim a chapter in a textbook
 - More detail about areas that you are weak on
- Look at the BBC Bitesize website covering the topic that you have studied
 - Different resource – often it's not as heavy going as a textbook
 - Quick multiple choice tests
- Look at Past Papers and pick out questions on the topic that you are now an expert in
 - Trains your brain to identify the area of your knowledge to use
 - Helps you become familiar with how that topic is tested in the exam
 - Increases your familiarity with the structure of the exam paper – where you expect to find each type of question

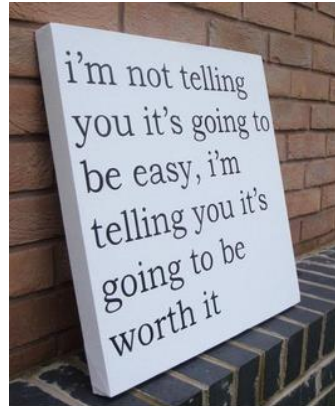
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Use these pages to make some notes about how your studying is going

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**PUSH YOURSELF
BECAUSE, NO ONE
ELSE IS GOING
TO DO IT FOR YOU.**



*Just believe
in yourself.
Even if you
don't, pretend
that you do and,
at some point,
you will.*

-VENUS WILLIAMS

It
always
seems
impossible
until
it is
DONE.