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HAPPEN

MAKE
YOUR FUTURE
HAPPEN.

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Study Skills – Session 1



In today's session, we will:



Understand the importance of 'chunking'



Learn about memory strategies to build your revision skills



Practice some study skills techniques



How to 'take care' of yourself during revision and exam periods

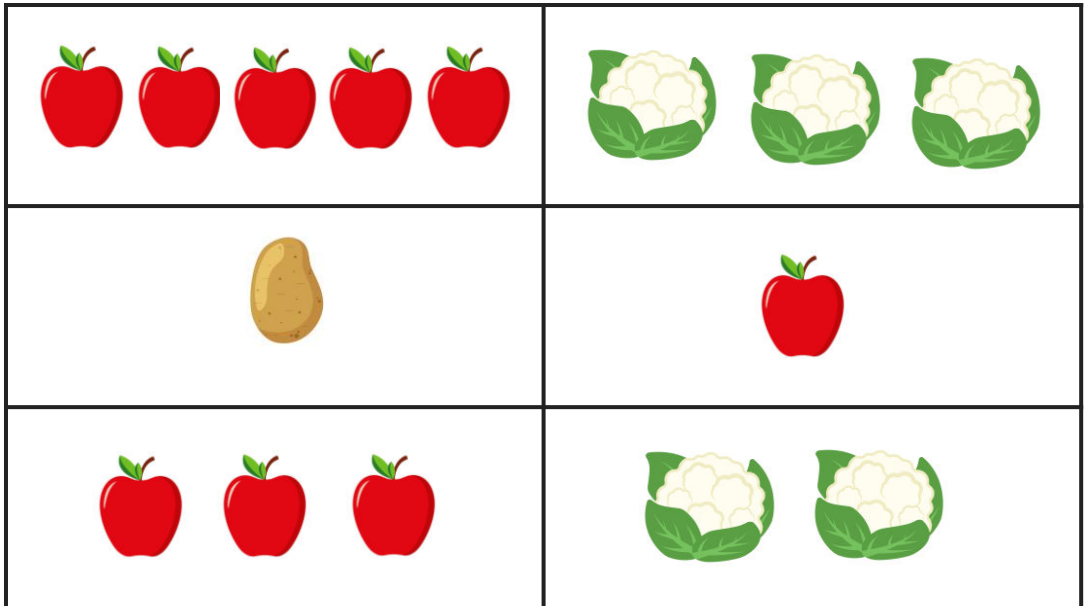


Work out what should be in your revision 'toolkit' and learn how to prepare an effective study/revision plan

Metacognition – Introductory Task







Match up the Inuit phrases on the left with the images on the right.

- ataaseq naatsilat
- tallimat iipili
- pingasut iipili
- marluk qunguleq
- pingasut qunguleq
- ataaseq iipili

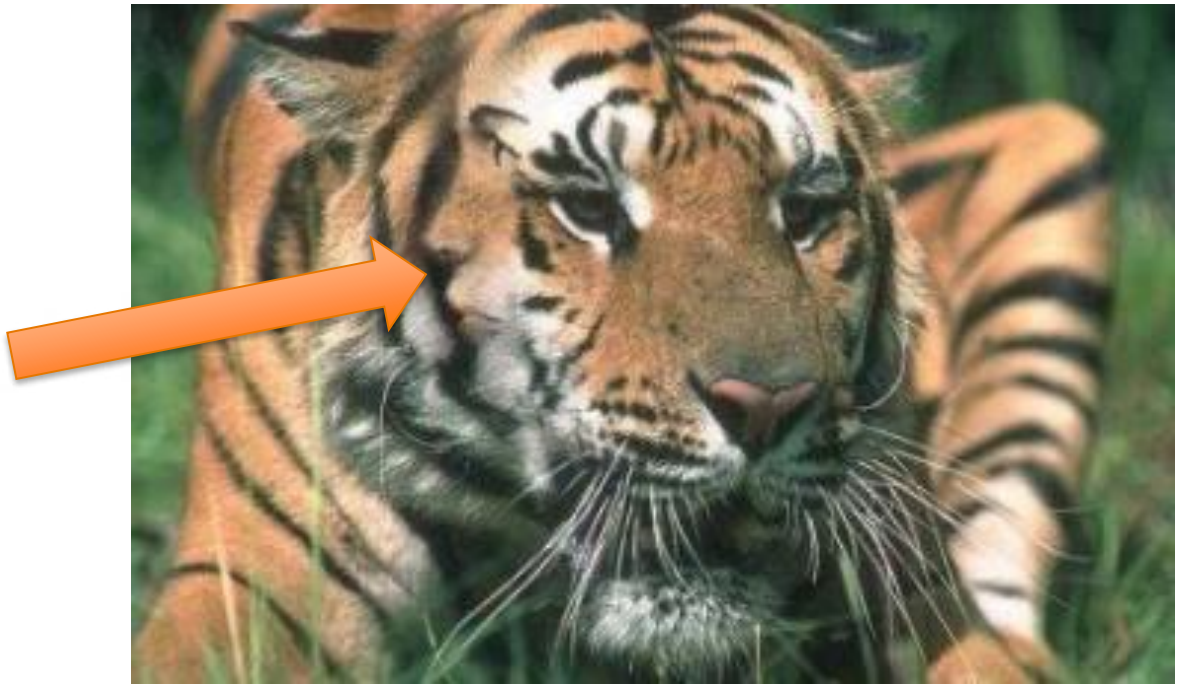


Metacognition – Introductory Task

- ataaseq naatsilat
- tallimat iipili
- pingasut iipili
- marluk qunguleq
- pingasut qunguleq
- ataaseq iipili

 <p>tallimat iipili</p>	 <p>pingasut qunguleq</p>
 <p>ataaseq naatsilat</p>	 <p>ataaseq iipili</p>
 <p>pingasut iipili</p>	 <p>marluk qunguleq</p>

Effective Study... is all about embedding information!



Our brain likes images. How many logos do you recognise?



McDonalds



Chupa Chups



Google



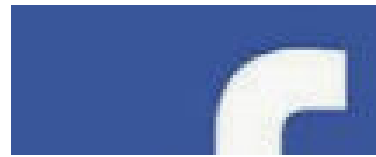
Volkswagen



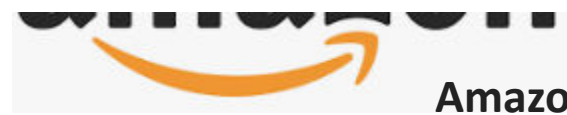
YouTube



Domino's



Facebook



Amazon



Chanel



Apple



Lego

They were a bit too easy! How about these...





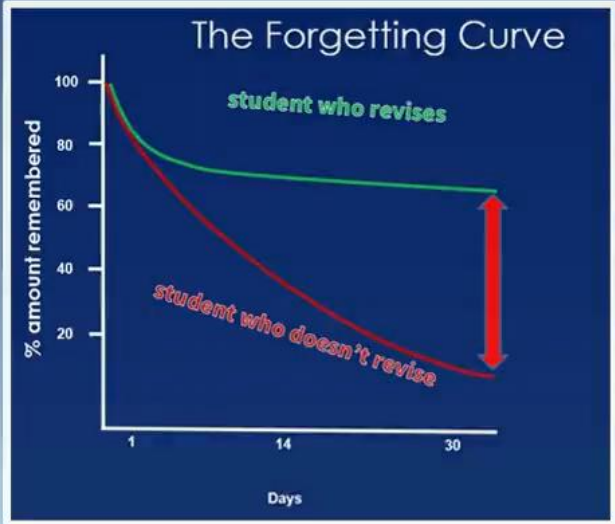
Why do we revise?



How do you
revise?



The forgetting Curve and other Study Tricks



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Chunking



| What is 'Chunking'?

- Group information into smaller bits
- Learn or revise each 'chunk'
 - simplify further into bullet points
 - find key facts
- The 'chunk' triggers your memory for all the data in it
- Proven to enhance memory retention!

Chunking example: phone numbers

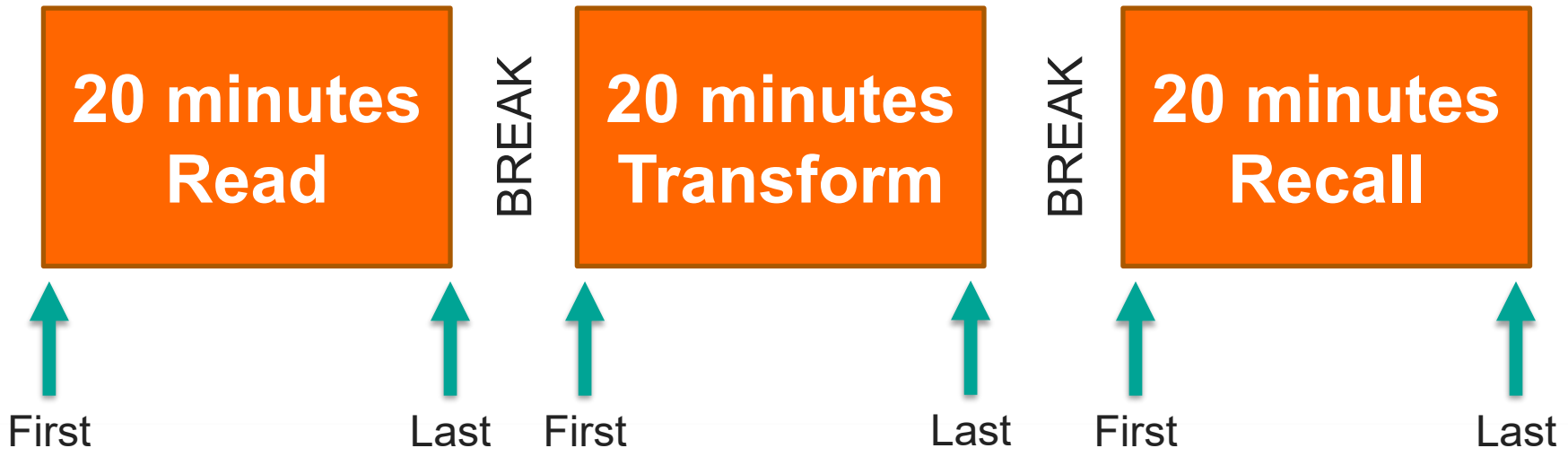


No one really says their full phone number in one long list like this: **07873562113**

We break it into smaller sections to help us remember the pattern e.g. **07873 562 113**

Plan your revision into chunks

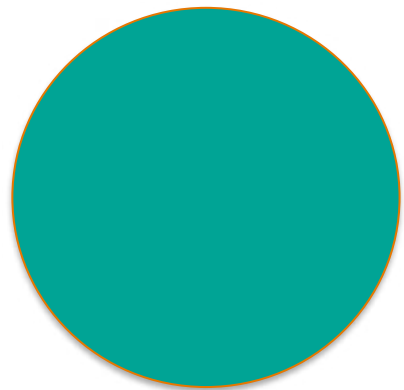
Doing short bursts of revision with breaks in between can help you to remember more than if you sat for hours solidly revising.



| Memory challenge!

You will have 1 minute to look at a set of words then see how many you can remember after they are covered up!





Einstein
Bear
Dog
Orange
Quiet
Bride
King
Monster
Lost
Snoopy

Candle
Banana
Music
Exciting
Romeo
King
Exhausted
Pineapple
Dancing
Snail



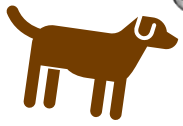
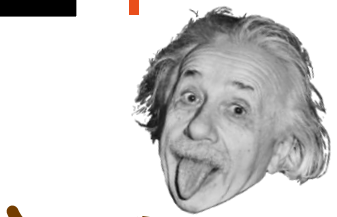
**Write down as many words
from the list as you can....**

| How did you do?

Einstein
Bear
Dog
Orange
Quiet
Bride
King
Monster
Lost
Snoopy

Candle
Banana
Music
Exciting
Romeo
King
Exhausted
Pineapple
Dancing
Snail

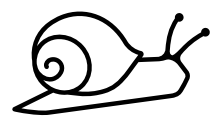
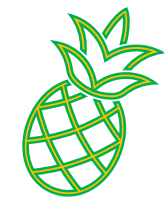
Memory challenge!



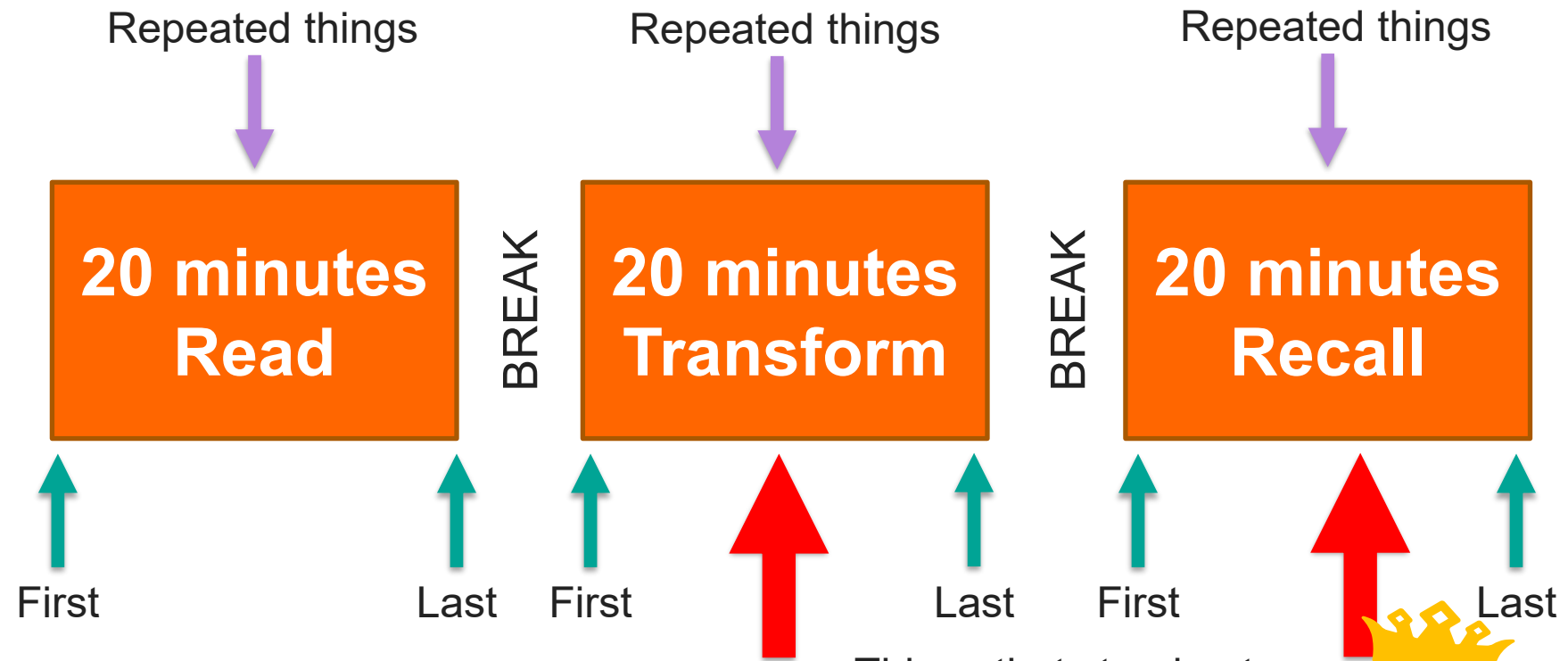
Einstein
Bear
Dog
Orange
Quiet
Bride
King
Monster
Lost
Snoopy



Candle
Banana
Music
Exciting
Romeo
King
Exhausted
Pineapple
Dancing
Snail



What do we remember more easily?



Things that stand out...
e.g. colours, pictures,
associations, funny links etc.



Chunking – trigger words

People/Characters

- Einstein
- Romeo
- Monster
- Snoopy
- King

Animals

- Bear
- Dog
- Snail

Feelings

- Exciting
- Exhausted
- Quiet
- Lost

Celebration

- Bride
- Candle
- Music
- Dancin

Fruit

- Pineapple
- Orange
- Banana

Chunking: English example - Macbeth

“Tell me everything you know about Macbeth”
compared to

What happens
in Act 1?

What happens
in Act 2?

What happens
in Act 3?

Who are the
main
characters?

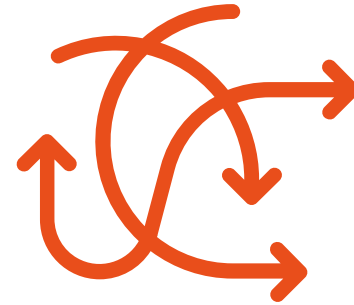
What are the
main themes?

What are the
common
symbols found?

What conflicts
arise?

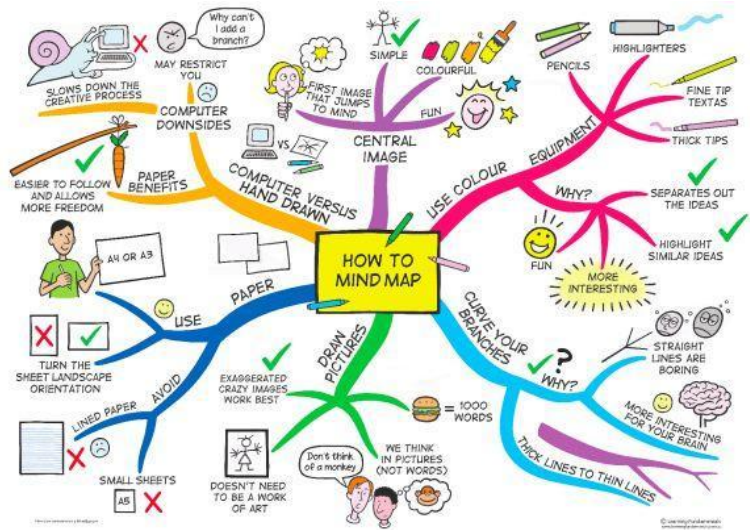
These questions will trigger your memory!

Mind maps



| What Is Mind-Mapping?

Mind-maps are **NOT THE SAME** as spider diagrams.



≠



Mind mapping - how to do it properly

What a Mind Map is NOT!

- *Not a spider diagram*
- *Not a dump of information*
- *Not just a pretty picture*

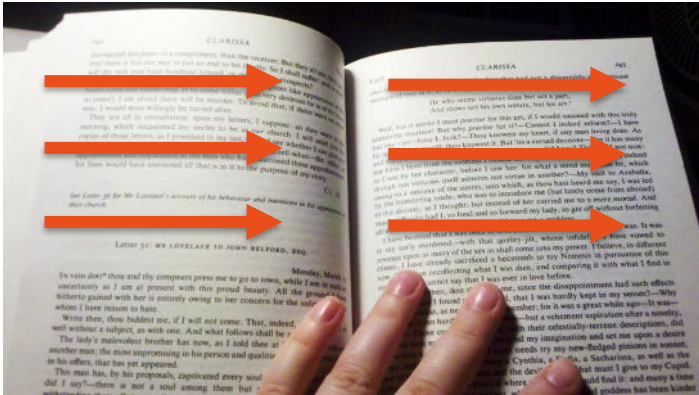
What a Mind Map IS!

- Structured diagram
- Creates links between information
- Visualises concepts
- Simplifies tasks and data

Mind mapping - how to do it properly

Mind-maps were invented by a man called Tony Buzan, who said...

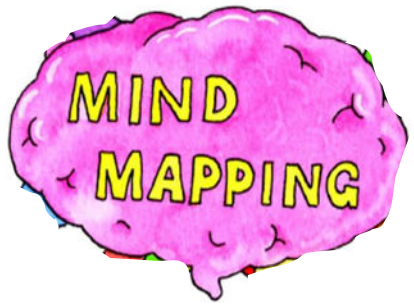
“Although we read like this...



...we think like this”

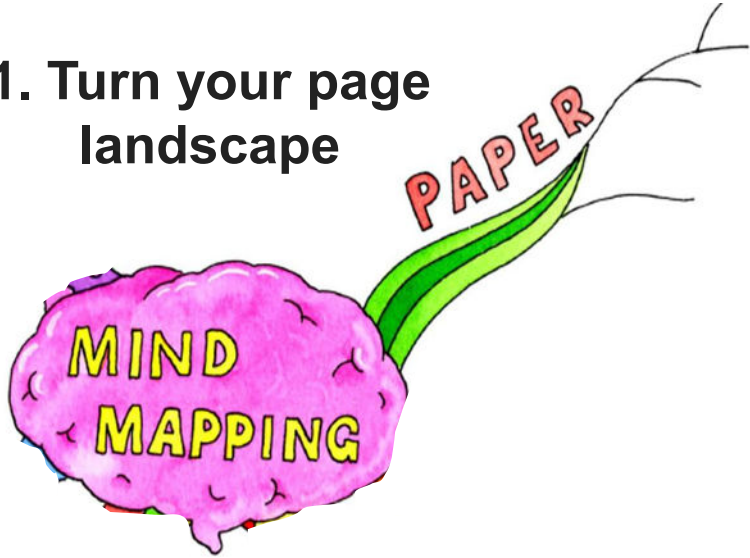


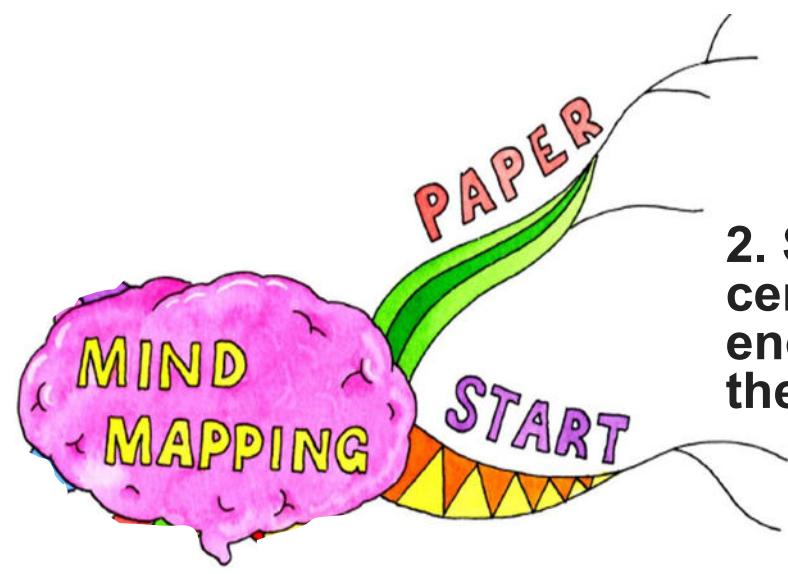
6 Rules of Mind-Mapping



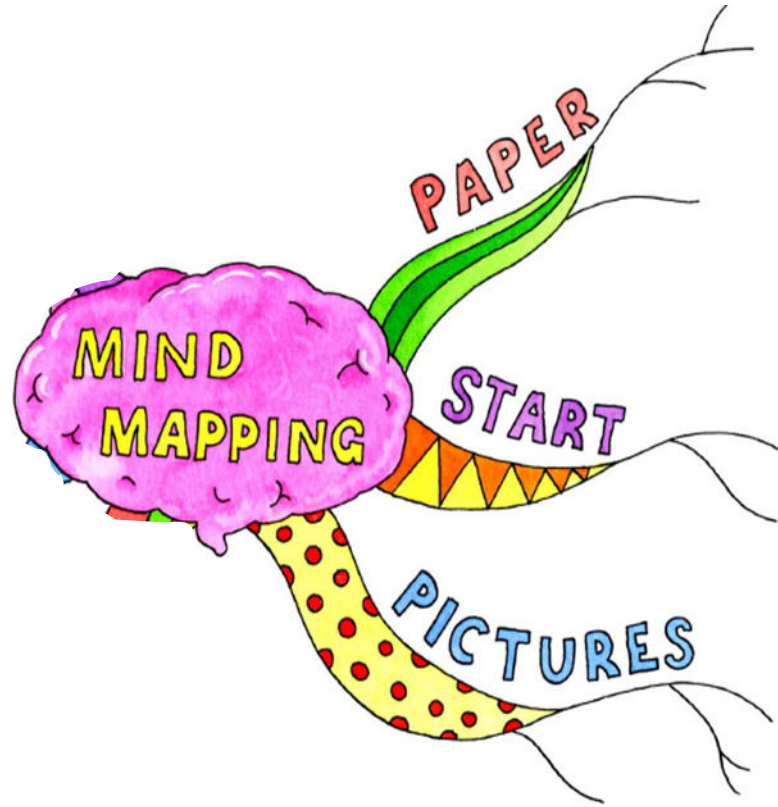


1. Turn your page landscape





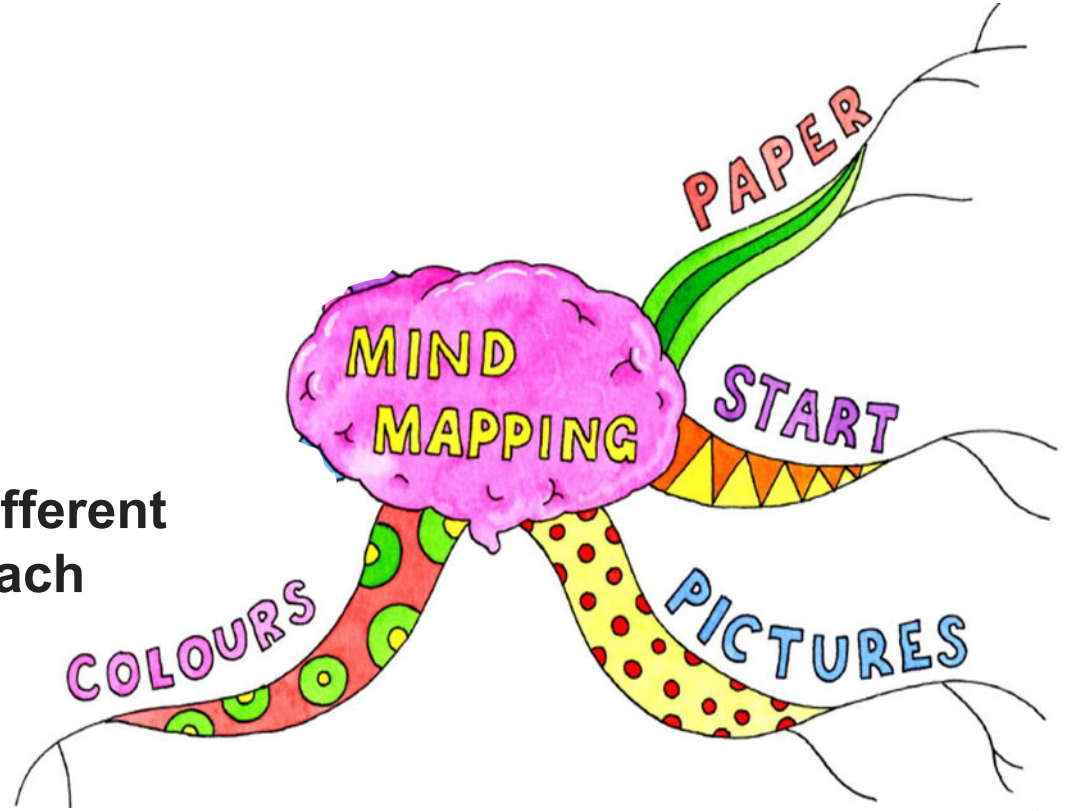
2. Start in the centre and leave enough room for the branches...



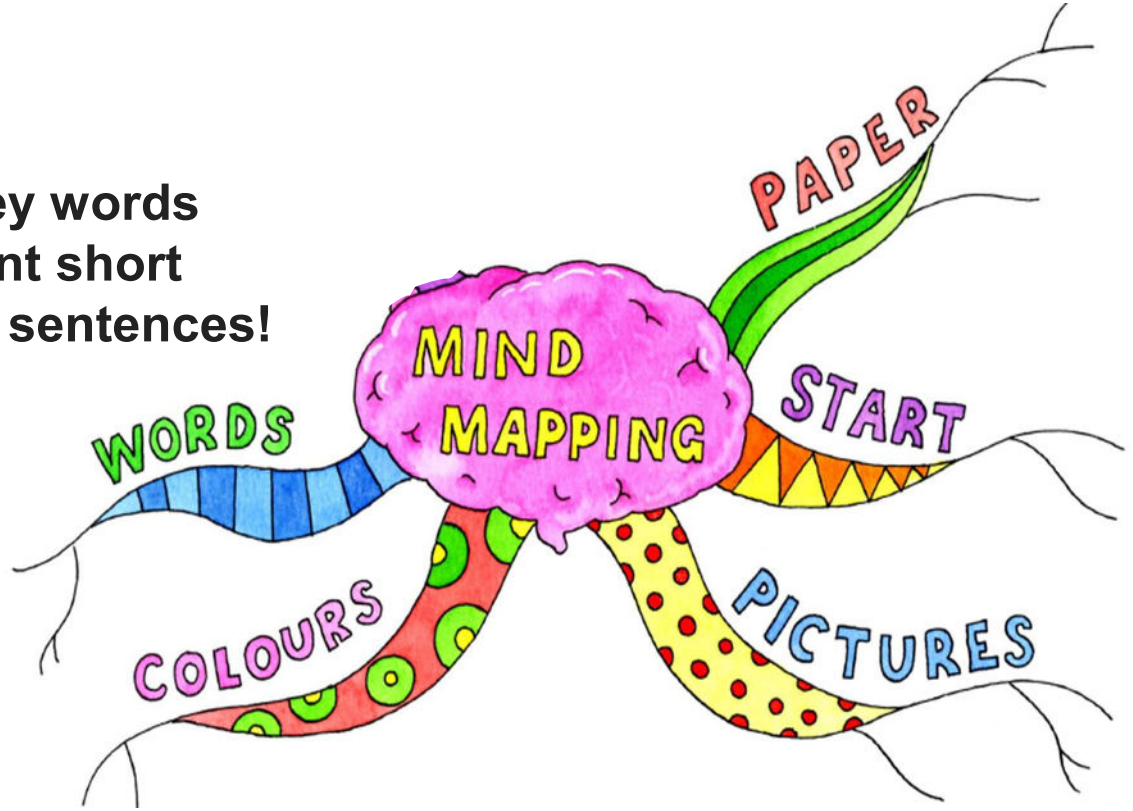
3. Use images to help you remember content



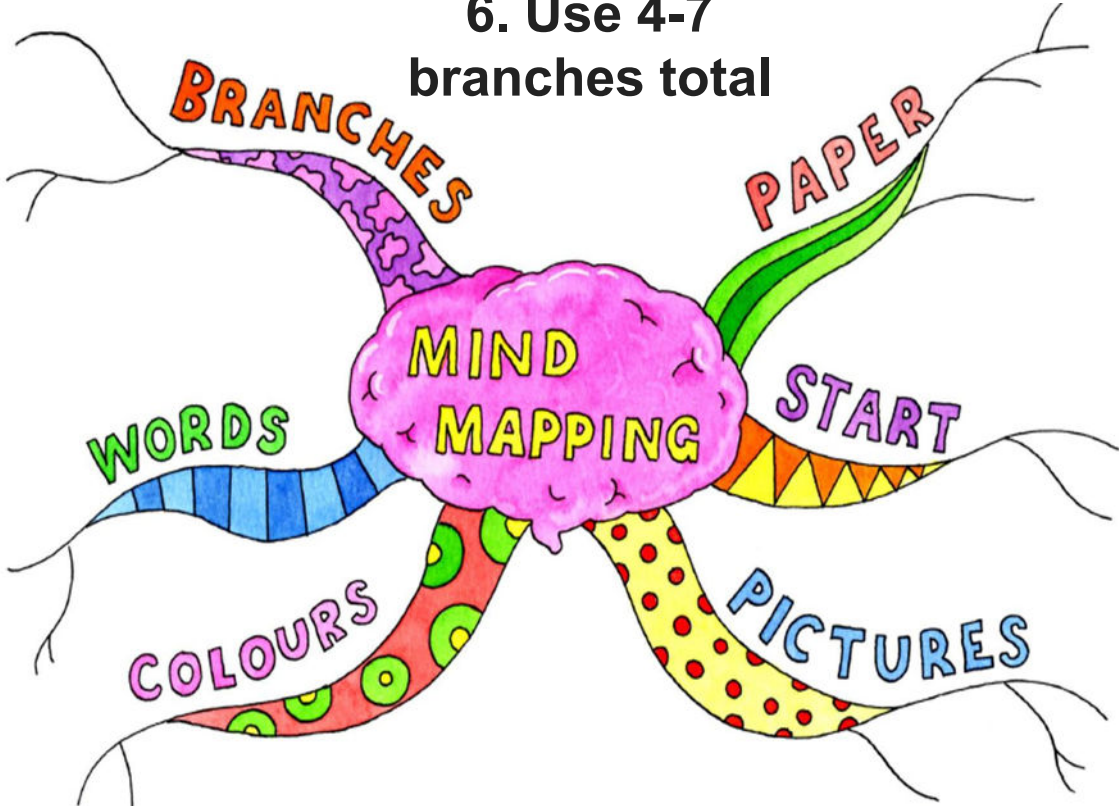
4. Use a different colour for each branch



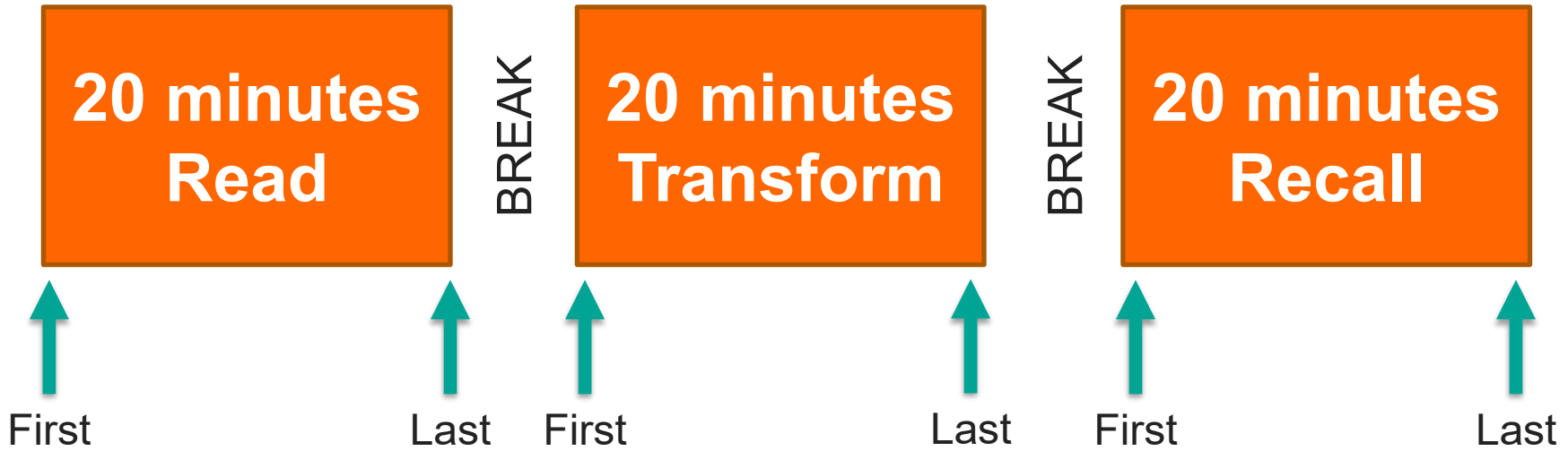
5. Include key words and important short phrases. No sentences!



6. Use 4-7
branches total



1 hour of revision – let's create a mind map



University



There are over 50,000 subjects you could study at university. You could choose to study a subject that you already study at school or a new subject. You are taught through a mixture of lectures, seminars, and possibly practical sessions if you study a science subject. You are also expected to do much more independent study outside of your contact hours.

Studying

Most university students live in halls of accommodation during their first year of study, and move into off-campus rented housing in their second year. However, you can also choose to stay living at home if you live close to your university.

Where to live

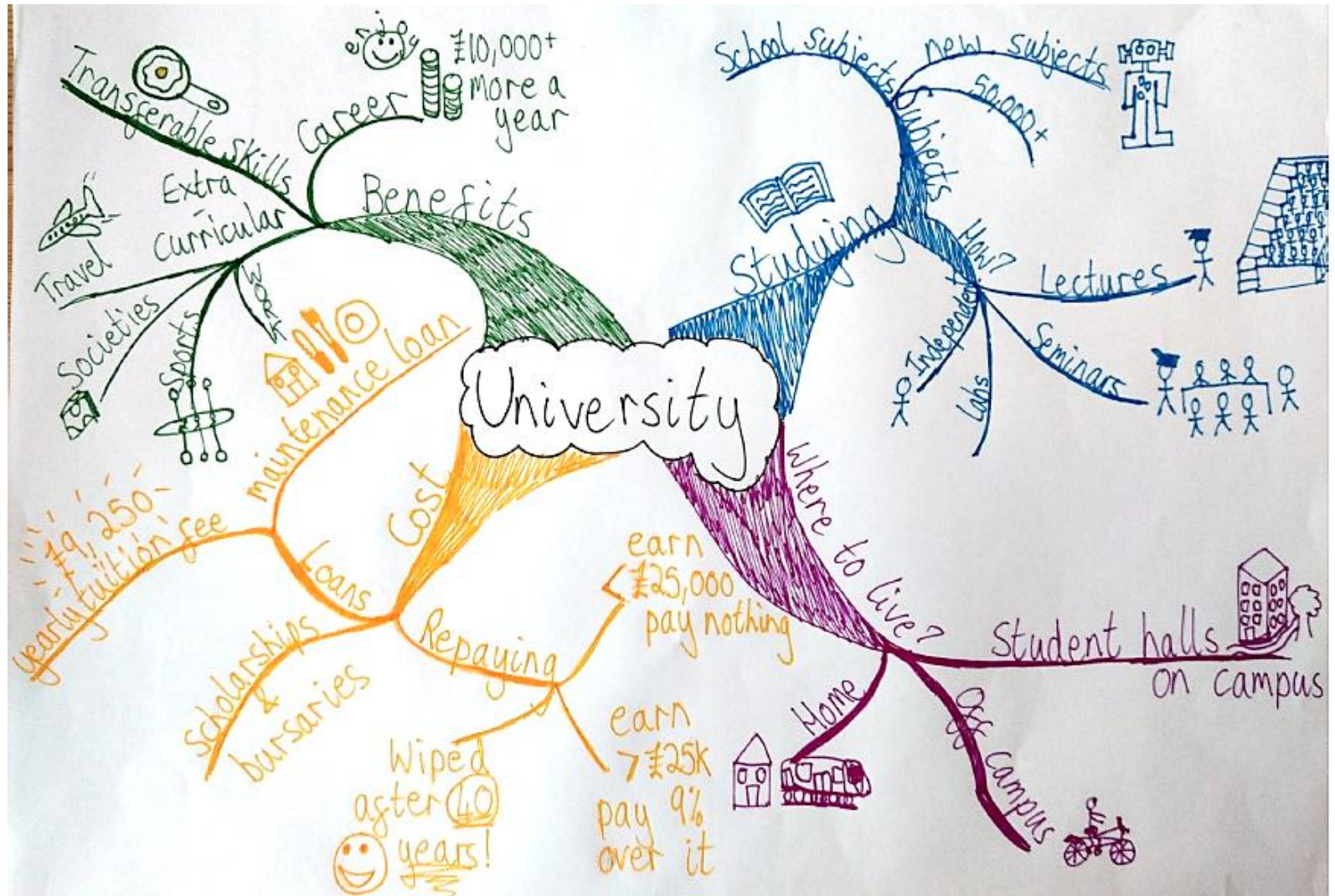
Going to university in England costs £9,250/year* in tuition fees. To cover this, students receive a student loan from the government – as well as tuition fees, you can get a maintenance loan to cover your living costs. There are also scholarships and bursaries available to help students on certain courses or with low income. After you graduate, you start to pay back your student loan once you earn over £25,000 – you pay 9% of anything you earn over this amount, which comes out of your paycheque like a tax.

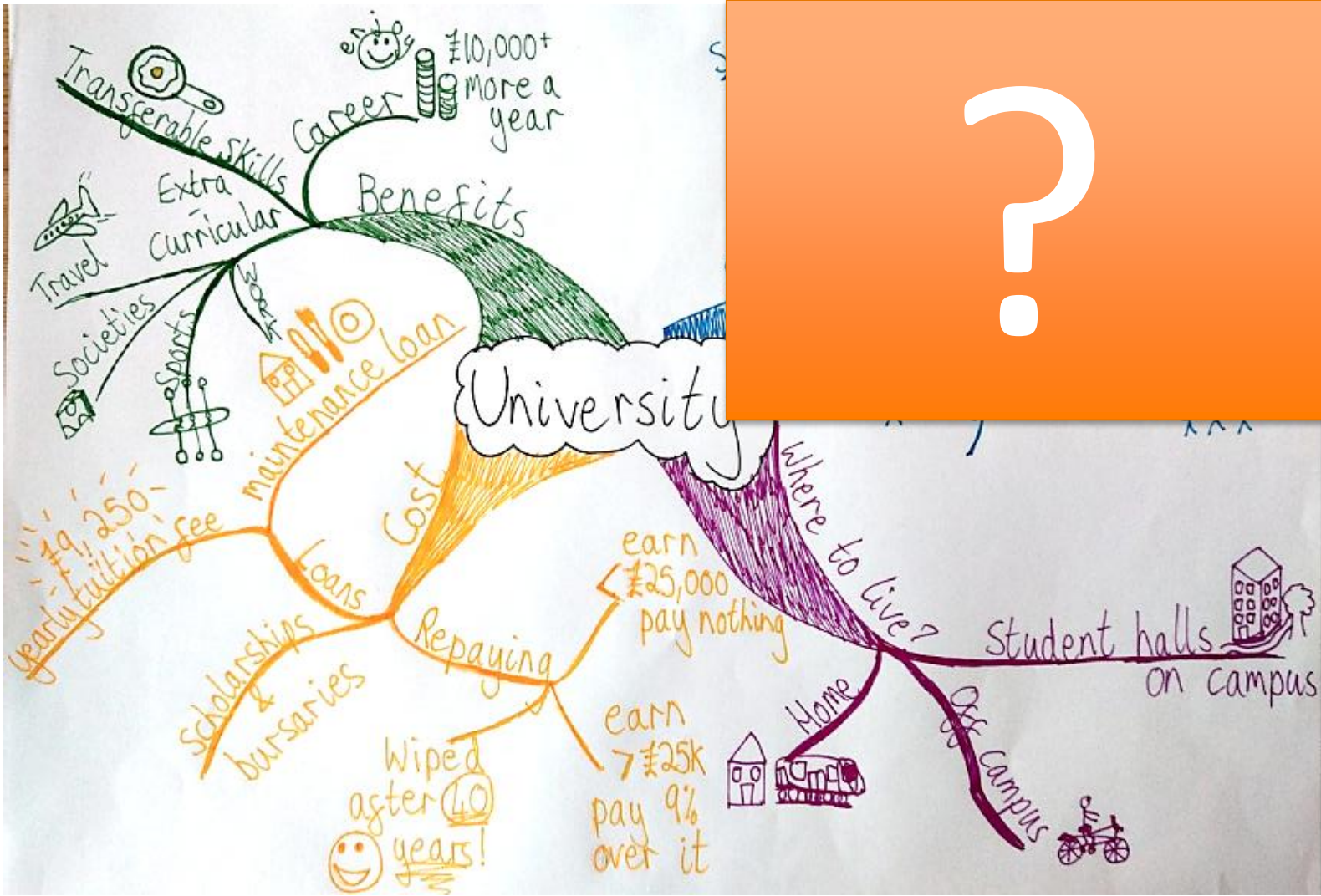
Cost

There are many benefits to going to university. University graduates earn on average £11,500/yr more than non-graduates in the UK. You can gain valuable transferable skills, gain work experience, and take part in lots of extra-curricular activities like travelling, student societies, and sports clubs.

Benefits

*for UK students (2024/25)





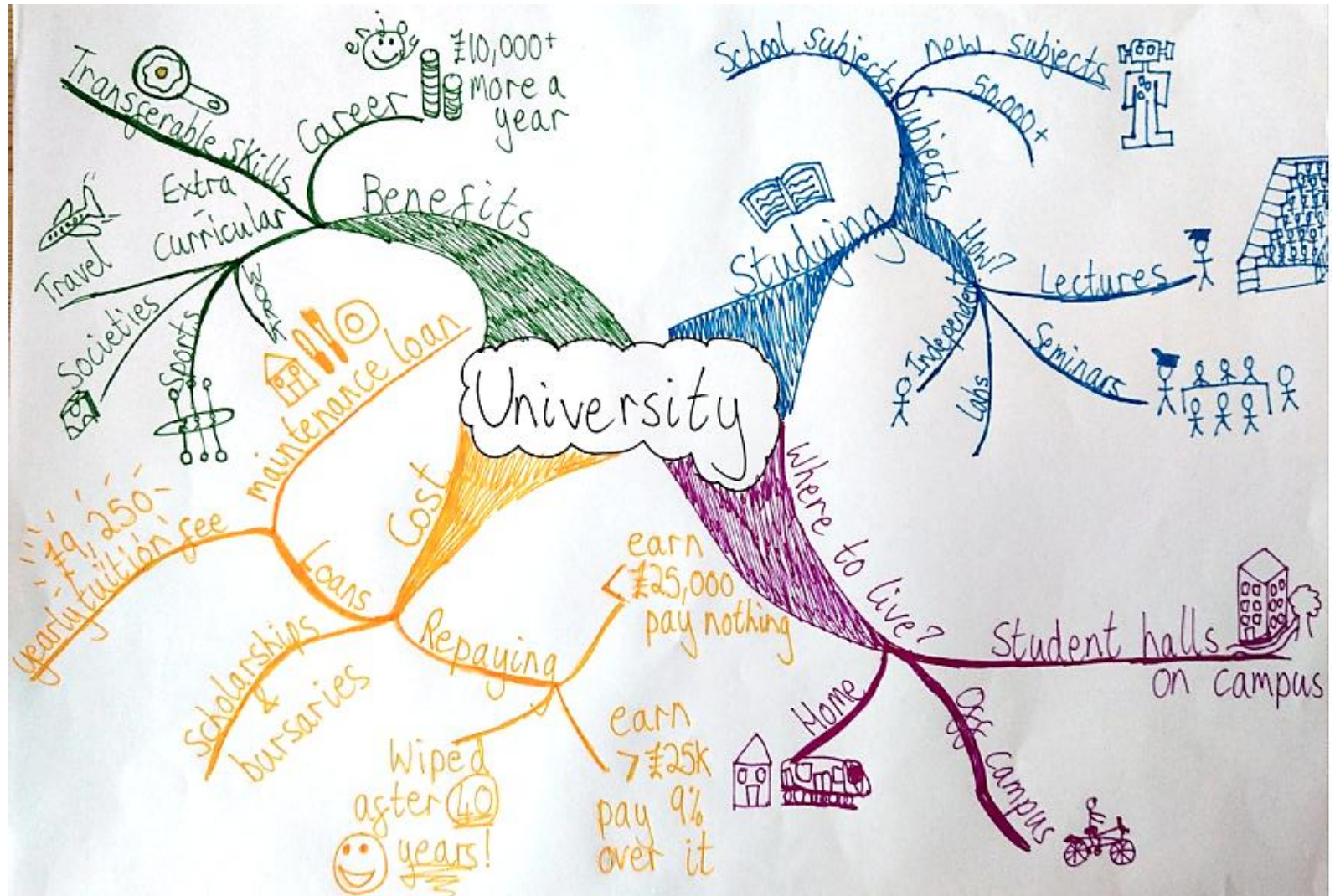


Can you remember what the 4 main branches were?
What was their colour?



Can you complete the rest of the mind map?





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Preparing & Planning





How to 'take care' of yourself during revision and exam periods



Work out what should be in your revision 'toolkit'



Learn how to prepare an effective study/revision plan



How do you feel when you have an exam coming up?

Overwhelmed

Panic

Pressured

Sick

Scared

Nervous

Unprepared

Anxious

Positive

Remember to look after yourself!

When we're stressed, our brains release **high levels of cortisol** which can cloud the way we think and get in the way of rational thoughts.

It is important to stay as cool, calm and collected as you can during the exam period.



What can you do to help?

Positive thinking - I can do this, I am prepared for this – write a list of positives!

Take regular short breaks - Studying for hours and hours will only make you tired and ruin your concentration, which may make you even more anxious. A break every 45 to 60 minutes is about right.

Reward yourself - For example, you could take a long bath or watch a good movie once you have finished your revision session.

Do something physical - When you're not revising, use your spare time to get away from your books and do something active. Exercise is good for taking your mind off stress and keeping you positive, and it will help you sleep better.

What can you do to help?

Ask for help - If you're feeling stressed, it's important to talk to someone you trust, such as a family member, teacher or a friend. Lots of people find exams difficult to deal with, so do not be embarrassed to ask for support.

Rest – sleep is good for mental and physical health

Eat well – pasta, bread, rice, fruit and vegetables to keep your energy levels up – not energy drinks!

Beware! Energy drinks can have harmful side effects and if you drink too many they can cause insomnia.

Drink plenty of water - Drinking water can help with your focus and energy levels – feeling sleepy, sip some water

Health & Wellbeing



FORM GOOD HABITS



EAT WELL

Eat foods like bread, rice, pasta, fruit and veg to help maintain your energy levels.



DRINK PLENTY
OF WATER

Drinking plenty water can help with your focus and energy levels. Super useful when you are studying!



KEEP ACTIVE

Exercising is a great way to de-stress and clear your mind, allowing you to focus on your learning.



GET A GOOD
SLEEP

Good sleep is essential for good mental and physical health, so try to get enough rest while you are studying.



What do you do to relax?

- Take a bath
- Watch a film or tv programme
- Chat to a friend
- Go for a walk
- Write down your thoughts
- Pamper
- Listen to music
- Read a book
- Colouring
- Practice a hobby
- Play a game
- Take a nap
- Exercise
- Cooking/baking

Relaxation techniques

- Listening to wellbeing podcasts e.g. mindful.org, spotify, bbc.co.uk, Headroom, Headspace
- Listening to relaxing music
- Meditation and relaxation YouTube videos
- Wellbeing Apps e.g. Headspace, Calm
- Yoga/pilates – at home or class
- Go to the gym
- Laugh with your friends
- Deep breaths

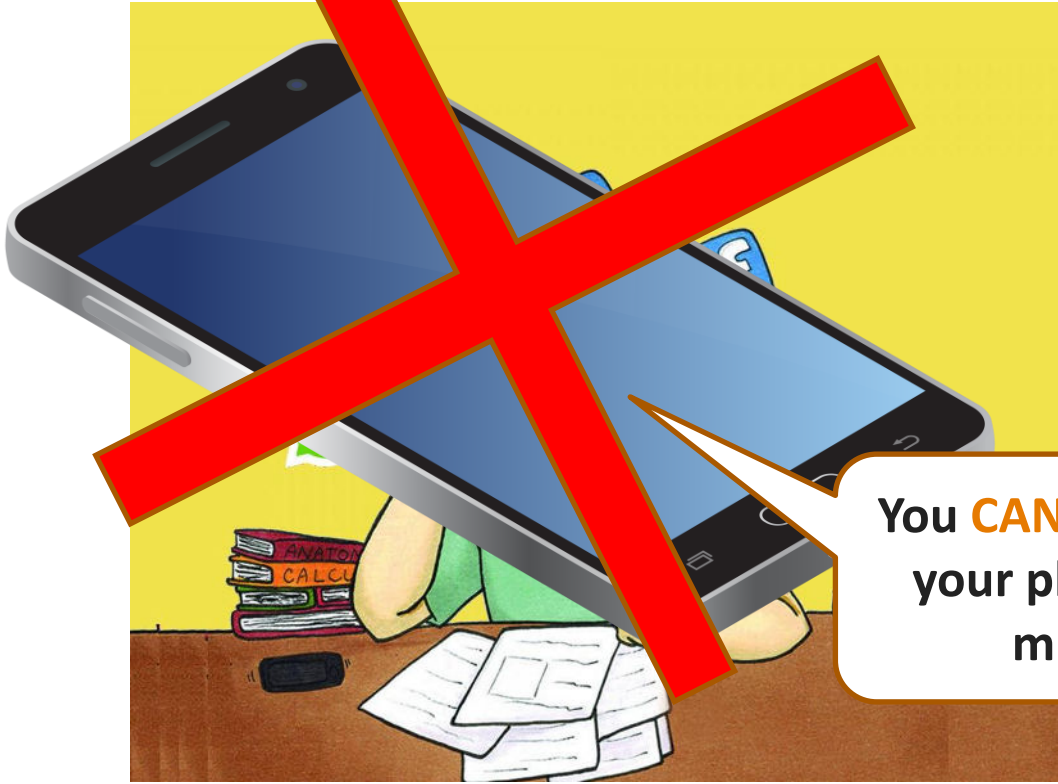


Is this the right environment for revising?



Task – 1 min:

In pairs, make a note of everything they should change



What's distracting him?

What advice would you give?

You **CAN** live without your phone for 45 minutes!

Things to consider...

- Making a study space at home
- How to plan your time
- What are your motivations?
- What is your attitude to learning



| The Anatomy of a Revision Plan



Personalised

What do you need to study the most?
Use your predicted grades

What are the entry requirements for
your next step?



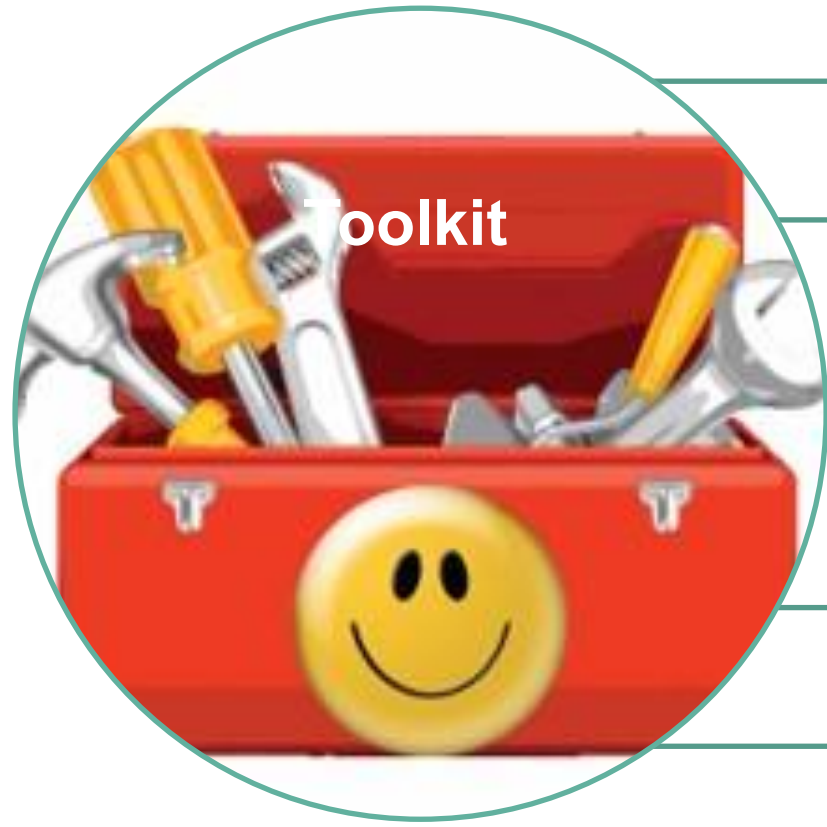
Reasonable and manageable!

Plan your schedule

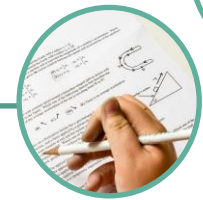
Reduce it

Reduce it some more...

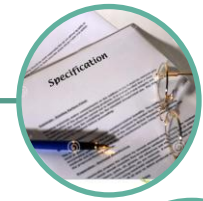
What do you need to make a study plan?



Dates



Past papers



Specification



Notes



Study partner / groups

Weekly revision timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School 8am-3pm	School 8am-3pm	School 8am-3pm	School 8am-3pm	School 8am-3pm	Free time	9am Breakfast 10am-11am Sociology
3pm-5pm Maths revision	3pm-4pm History revision	Part time work	3pm-5pm Sociology	3.00pm- 4.00pm Maths intervention	Part time work	Free time
5.00-5.30pm Free time	4-5pm Free time	Part time work	Free time	4.30pm-6pm History revision	Part time work	Free time
5pm-6.30pm History revision	6.00pm- 8.00pm Free time	Free time	7pm-8.30pm Maths revision	6pm Free time	Part time work	4.00pm- 6.00pm History revision
Free time	8pm-9pm Sociology revision	Free time	8.30pm onwards- Free time	7pm Free time	Free time	Free time

Exam revision timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School 7am-3pm Morning 2hr Maths exam paper 1	School 7am-3pm	School 7am-3pm Morning 2hr Maths paper 2 Afternoon 2hr History exam	School 7am-3pm Morning 2hr Sociology exam paper 1	School 7am-3pm Afternoon Sociology exam paper 2	Free time	9am Breakfast 10am-12pm History revision paper 2
3:30-5pm Sociology revision	3.00pm-4.00pm History revision	3:30-5pm Sociology paper 1	3:30-5pm Free time	3.00pm-4.00pm Maths intervention after school	Part time work	Free time
5.00pm-6.00pm Free time	4.30pm- 6.00pm Maths practice paper	5pm-6.30pm Free time	5.30pm- 6.30pm Sociology paper 2	6pm Dinner	Part time work	Free time
6.00pm-7.00pm History revision	6.00pm-7.00pm Free time	6.30pm- 8.30pm Sociology paper 1	6.30pm-8.00pm Free time	Free time	Free time	4.00pm- 6.00pm History revision paper 2
7.30pm- 9.00pm Maths practice paper	7.00pm-8.30pm History revision	Free time	8.00pm-9.00pm Sociology paper 2	Free time	Free time	Free time

Revision timetable apps

Timetable

Gabriel Ittner

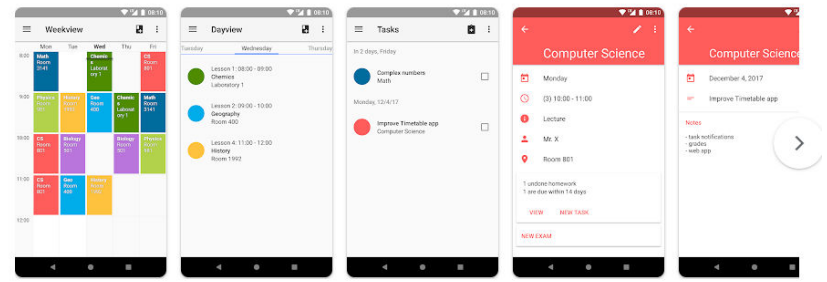
4.0★
42.3K reviews

1M+
Downloads

3
PEGI 3

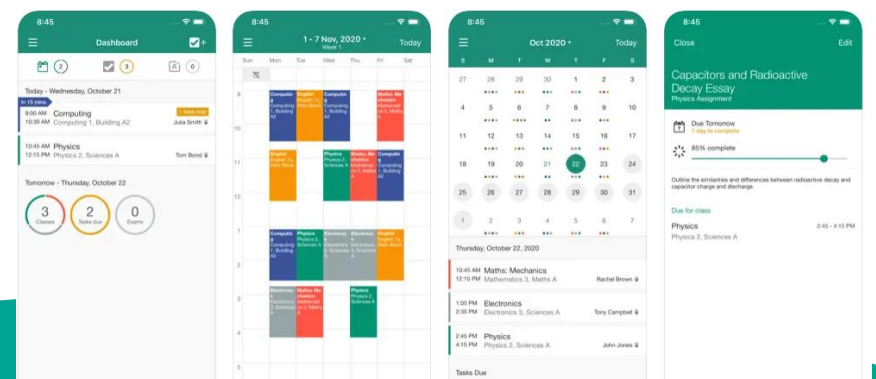
Install

Add to wishlist



My Study Life - School Planner 4+
My Study Life, Ltd.
★★★★★ 4.5 • 787 Ratings
Free

iPhone Screenshots



Ali Abdaal



Some of Ali's Videos...

www.youtube.com > watch

How to Stay Focused While Studying - Evidence-based Tips



The first 1000 people to use my link will get a 30 day free trial of Skillshare, including access to my new productivity **Learning Path**: ...

YouTube · Ali Abdaal · 1 Mar 2023

www.youtube.com > watch

How to study for exams - Evidence-based revision tips



Pre-order my book to get an exclusive ticket to The Feel-Good Productivity Annual Planning Workshop!

YouTube · Ali Abdaal · 4 Apr 2018

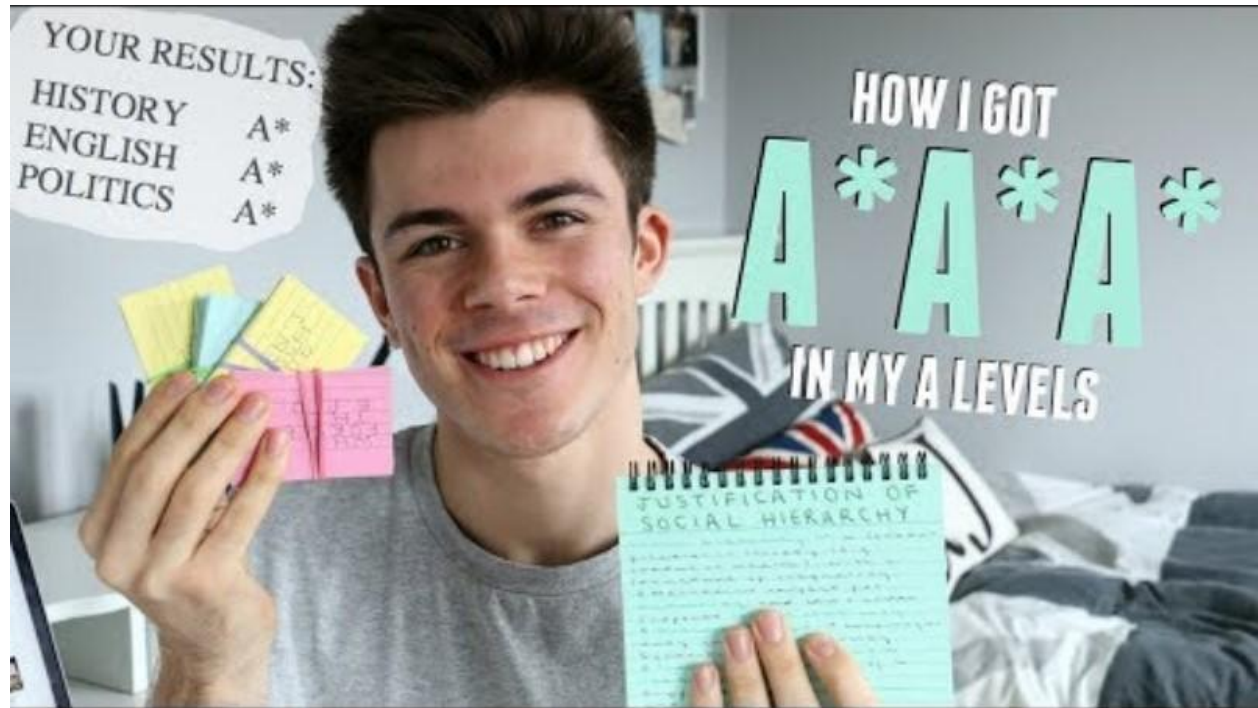
How to study for exams - The Retrospective Revision Timetable



Pre-order my book to get an exclusive ticket to The Feel-Good Productivity Annual Planning Workshop!

YouTube · Ali Abdaal · 24 Feb 2019

REVISION TIPS



*10 Things I Did to Get A*A*A* in my A Levels*

What do you do the night before an exam?

- Relax! Give yourself some time to breathe, you have done all that you can.
- Look at flash cards or any summarized revision that you have
- Make sure you have the equipment you need
- Do something fun
- Have a healthy meal
- Get an early night (avoid drinking caffeine before bed)
- Have breakfast in the morning! You don't want your stomach rumbling in the middle of a silent exam



Managing expectations

- Reflect, what went well, would you use the same technique or change it
- Was it as tricky as you expected
- **Once the exam is finished, forget about it.** Do not spend too much time going over it in your head or comparing answers with your friends. Just focus on the next exam instead.



Don't put too much pressure on yourself!

BE
GENTLE
WITH
YOURSELF,
YOU'RE
DOING THE
BEST YOU
CAN.

NOTE TO SELF:
Your current
situation is not
your final
destination.

Dr. Axe

MIGHT NOT
HAPPEN!

48

| Action!



Name one new thing
you are going to try
after today's session?



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VISIT OUR WEBSITE:
WWW.MAKEHAPPEN.ORG

FOLLOW US ON:



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Dual Coding



Dual Coding



Dual coding is the process of blending both words and pictures while learning.



When you have the same information in two formats - words and visuals - it gives you two ways of remembering the information later on.



Combining these visuals with words is an effective way to study.

5 ways to use dual coding



Drawings: these boost learning by getting students to think deeply about the information



Diagrams: these are helpful for breaking down complex concepts or processes to make them easier to understand



Posters: these are great for combining writing, pictures and diagrams all within one page of information

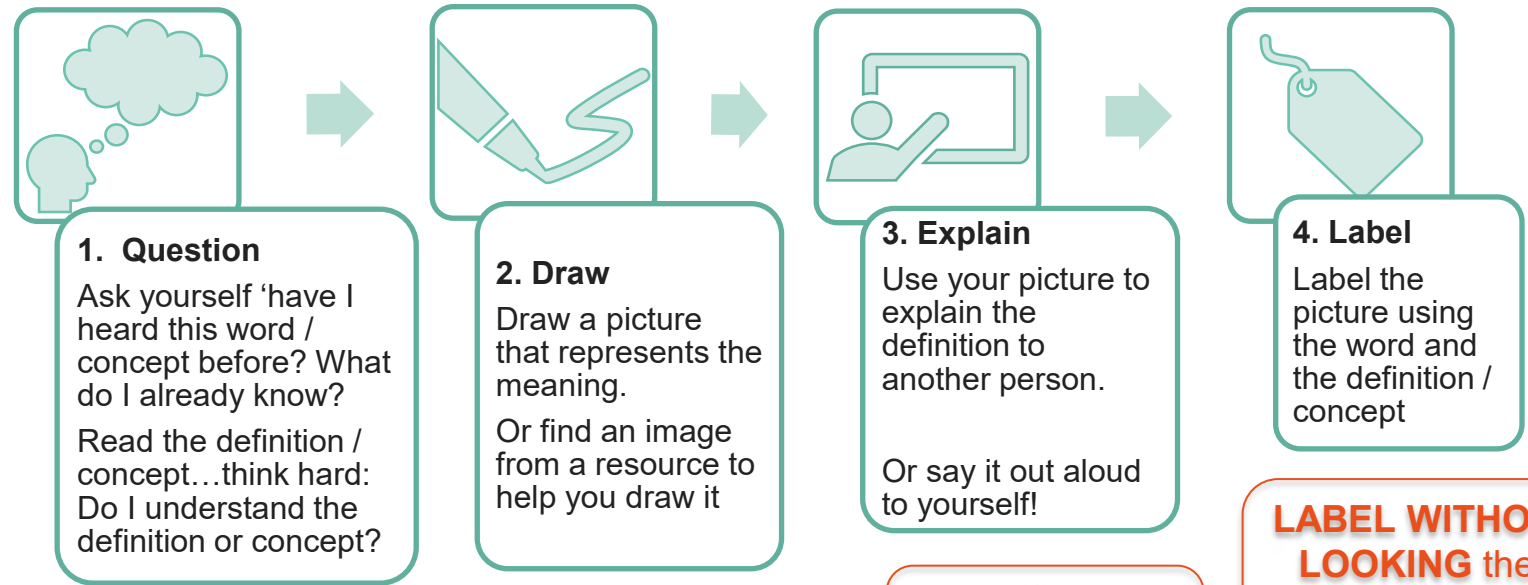
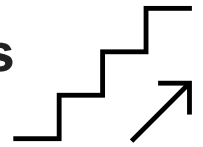


Timelines or storyboard: these can be used for information that happens in a particular order or sequence



Graphic organisers: these organise verbal and visual information by relationships between different concepts. Examples include **mind maps** and **Venn diagrams**.

Steps to use dual coding for new vocabulary or concepts



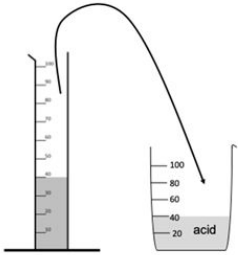

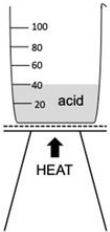
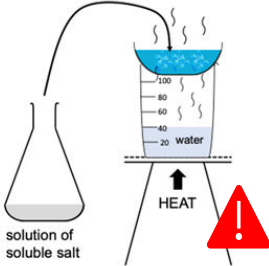
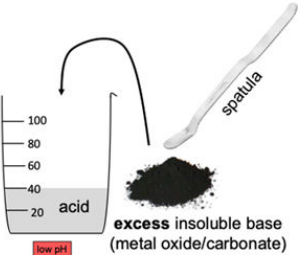
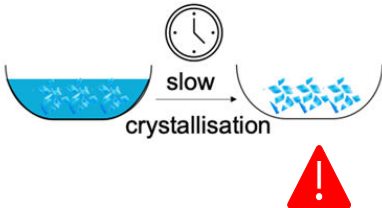
Underline **KEY WORDS**. Ask for help if you need it!

Keep it **SIMPLE!**
Draw only what you need.

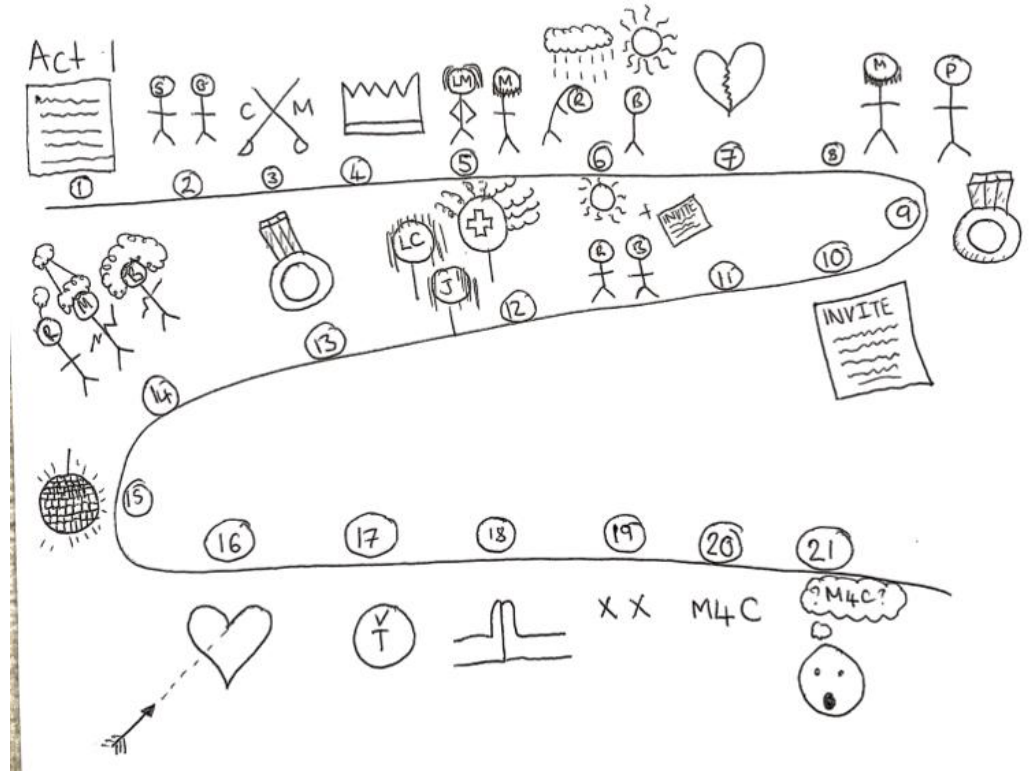
Give **EXAMPLES** to help explain it

LABEL WITHOUT LOOKING then check your answer

Storyboard example: GCSE chemistry required practical *'producing pure dry soluble salt from metal oxide/metal carbonate'*

	<p>1. Use a measuring cylinder to transfer 40 cm³ of sulfuric acid to a 100 cm³ beaker.</p>	<p>residue excess metal oxide/carbonate</p>  <p>filtrate contains soluble salt dissolved in water</p>	<p>4. Use filtration to remove the excess copper oxide.</p>
	<p>2. Heat the acid gently until it is almost boiling, then turn off the Bunsen burner and use a heat proof glove to move the beaker on to a heatproof mat.</p>	 <p>solution of soluble salt</p>	<p>5. Transfer the filtrate solution to an evaporating basin placed above a water bath. Heat the water using a Bunsen burner. When crystals start to form, stop heating the water bath.</p>
 <p>acid</p> <p>excess insoluble base (metal oxide/carbonate)</p> <p>spatula</p> <p>low pH</p>	<p>3. Use a spatula to transfer copper oxide to the sulfuric acid and stir. Keep adding more copper oxide until no more can dissolve (excess) and all the acid is neutralised.</p>	 <p>slow</p> <p>crystallisation</p>	<p>6. Leave the crystallising dish for at least 24 hours to allow crystals to form slowly.</p>

Timeline/storyboard example in English



What does this diagram show?

Of course, it's *Romeo and Juliet*!

Can you explain what each of the panels shows?

Guess what! You've just revised *Romeo and Juliet*!

Mind map example - biology

