



**MAKE**  
—  
**HAPPEN**

**MAKE**  
**YOUR FUTURE**  
**HAPPEN.**

MAKE  
—  
HAPPEN



MAKE  
—  
HAPPEN

# Study Skills – Session 2



# | Reflection from session 1



Did anyone try using any of the techniques from session 1?

MAKE  
—  
HAPPEN

# *Cornell Note Taking*



## Some questions to think about....

Have you ever  
been taught how  
to take notes?

Who takes  
extensive notes  
in class?

Who looks back at  
their notes in the  
evening/weekend?

Who finds note  
taking difficult  
or 'a chore'?

Who feels like  
they are rushing  
to write notes?

Who finds their  
notes useful for  
revision?

# | In today's session, we will:



Understand what the Cornell note taking method is

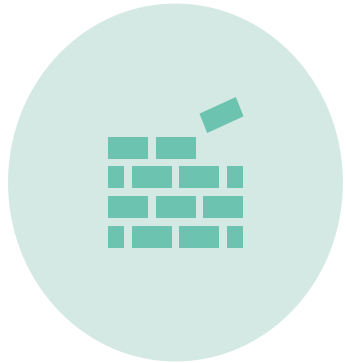


Learn the benefits of the method



Practice using the method

# What is the Cornell Method for Note Taking?



**MORE  
STRUCTURED**



**IMPROVES  
FOCUS OF  
NOTES**



**ALLOWS YOU TO  
LISTEN MORE  
AND WRITE LESS  
IN CLASS**



**PREPARES  
YOUR REVISION  
MATERIALS AT  
THE SAME TIME**

# Example

What is different about these notes compared to ones you take?

Name: Mrs. Simpson

Date: April 4, 2018

Skill or Standard for focus / Objective: Standard 21.2.5  
I can determine and evaluate the structure that an author uses to organize a text.

Structure refers to the way a writer creates a text.

A cause is a thing that makes something else happen.

An effect is a thing that happens because of something else.

Example:

I overslept so I missed the bus  
cause                      effect

Signal words

- because
- as a result
- due to
- since
- the reason
- therefore
- which
- means

Cause and Effect

• A writer will use cause and effect to show the relationship between events or ideas.

**CAUSE** is why it happened  
**EFFECT** is what happened

- A cause can have more than one effect.
- Multiple causes can have only one effect.



• A writer might use cause and effect to explain how or why historical or scientific events happened.

Summary: Cause and effect is a type of text structure that shows how one event or idea made another one happen. A writer might choose to use this if they are trying to show the relationship between events or ideas.

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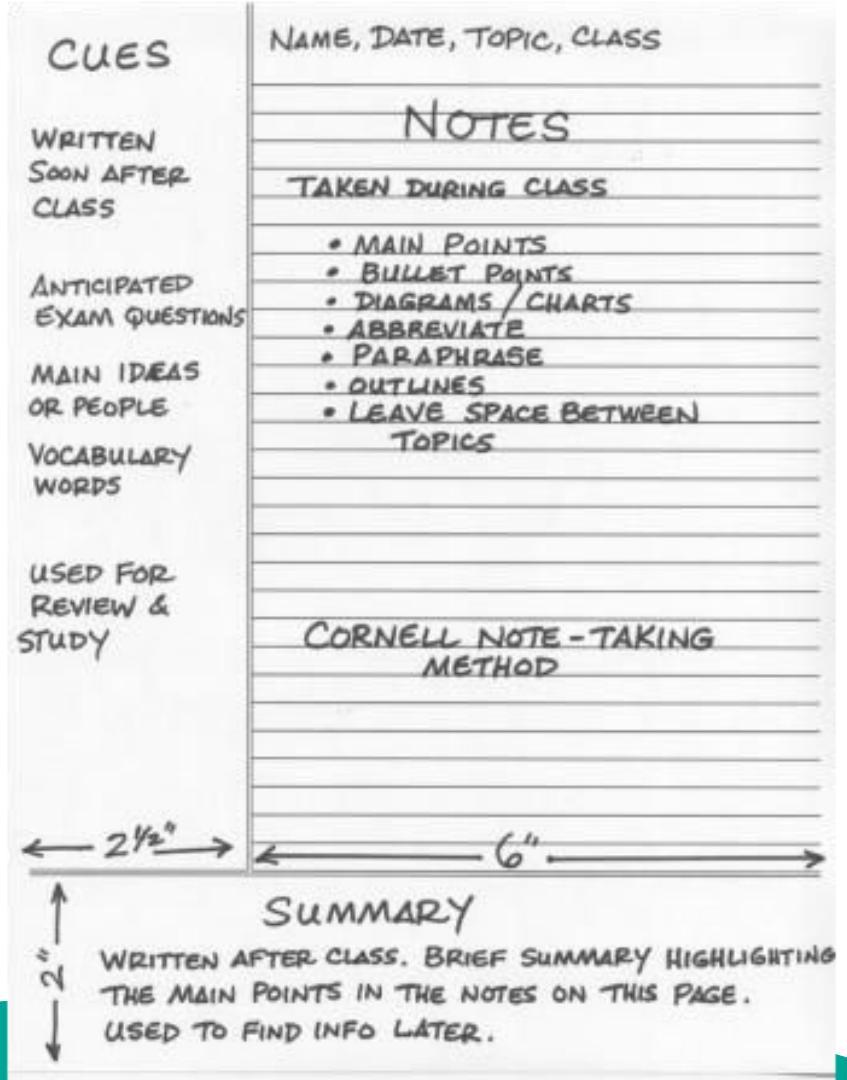
Keep sentences simple...  
...grammar doesn't matter

Use colours

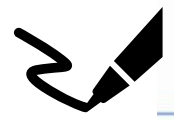
Use diagrams and images



# Cornell method outline



# Let's Practice



- Write these headings at the top of your page
- Draw this shape on your note page
- Add these headings:
  - Cues/questions
  - Notes
  - Summary

Subject: \_\_\_\_\_ Date: \_\_\_\_\_  
Topic: \_\_\_\_\_

Cues/questions	Notes
	<p>You'll write the main ideas here:</p> <p>You can use...</p> <ul style="list-style-type: none"><li>• <b>Bullet points</b></li><li>• <b>Diagrams / flow charts</b></li><li>• <b>Colours/highlighters</b></li><li>• <b>Vocabulary (key words)</b></li></ul>
Summary	

Now watch the following video and try to write as many key facts as you can in the notes section...don't worry if you don't get them all!



# What did you include?

Subject: *Science - Biology*

Date: *19th Sept 2024*

Topic: *Eutrophication*

Now you can create questions using your notes as cues e.g.

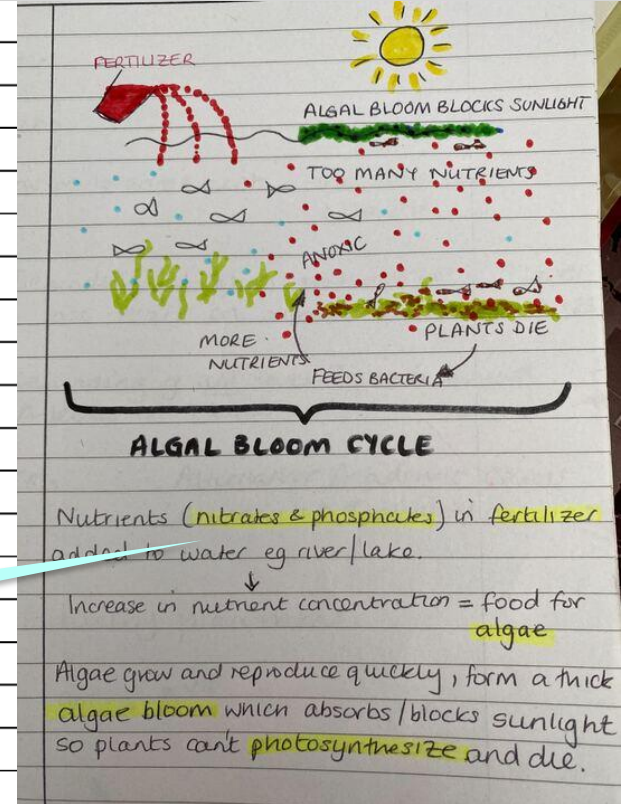
- *What can cause increased nutrients in water?*
- *What are the steps in the algal bloom cycle?*
- *What does anoxic mean?*
- *What is the main consequence of eutrophication?*

**Highlight key words**

Write the summary a few days after the lesson. Should include main points from your notes – it's a good way of checking you understand your notes!

Cues/ questions

Notes



Summary

# Example notes for eutrophication:

Topic- Eutrophication.

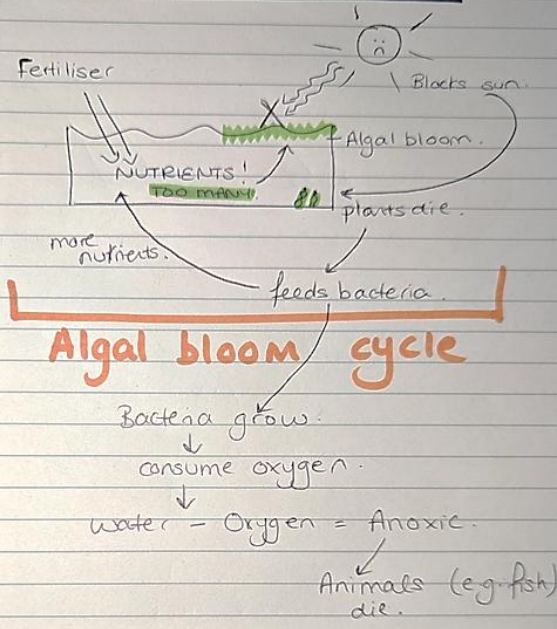
Biology  
DATE

① What can cause increased nutrients in water?

② What are the steps of the algal bloom cycle?

③ What does Anoxic mean?

④ What is the major consequence of eutrophication?



## SUMMARY.

Eutrophication is the presence of excessive nutrients in bodies of water. It triggers the algal bloom cycle (which is the overgrowth of algae blocking the sunlight from reaching plants in the water).

The dead plants are consumed by bacteria. Causing increased bacteria growth, consumption of

# Another example – the stomach

## Stomach

What is the anatomy of the stomach?

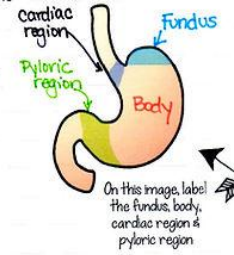
Stomach= muscular sac with thick walls  
The stomach continues the processes of mechanical and chemical digestion.

What are sphincters and what is their function in the digestive system?

Thick rings of muscle that act as gatekeepers to regulate food movement

What two sphincters are located in the stomach?

- Cardiac sphincter = separates esophagus from stomach
- Pyloric sphincter = separates stomach from small intestine



How does mechanical digestion occur in the stomach?

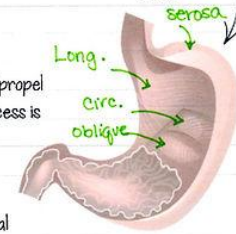
The stomach has a slippery outer layer of serosa, followed by 3 layers of muscle:

- Longitudinal muscularis
- Circular muscularis
- Oblique muscularis

These muscles help to churn food and propel it towards the small intestine. The churning process is known as maceration.

What are rugae? "wrinkles" in the mucosa that can stretch when full

On this image, label the serosa & each of the three layers of muscle.



How does chemical digestion occur in the stomach?

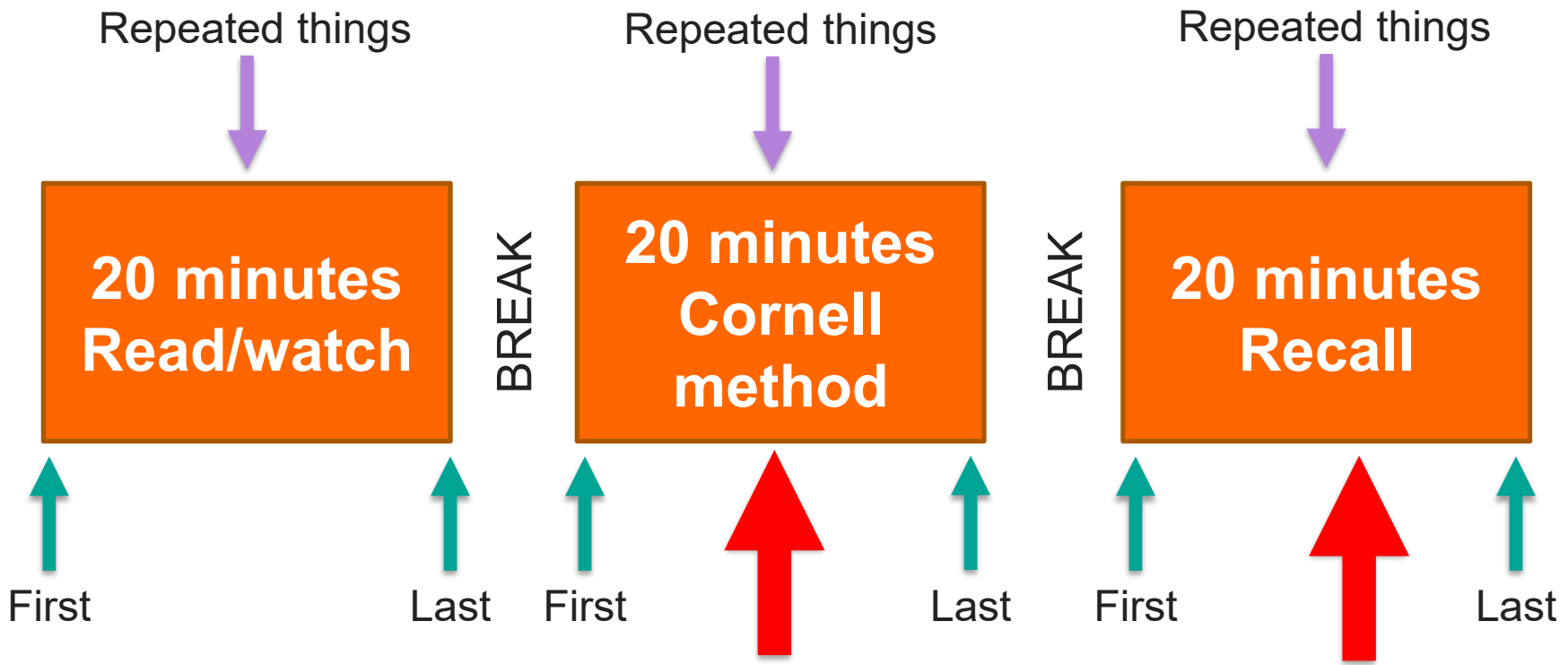
The mucosa layer of the stomach contains several specialized gastric gland cells:

- Mucous cells- secrete mucus to protect stomach lining
- Chief cells- secrete pepsinogen (inactive enzyme)
- Parietal cells- secrete HCl to kill microbes in food & convert pepsinogen into pepsin, which breaks down food proteins.

The soupy mixture formed from the squeezing of the stomach and the addition of these gastric juices is known as chyme.

**Summary:** The stomach is made of 3 muscular layers and an outer layer of serosa. During maceration, the stomach churns the food and gastric gland cells add chemicals and enzymes leading to the formation of chyme.

# Fitting the Cornell method into your revision plan



MAKE  
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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



# 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?



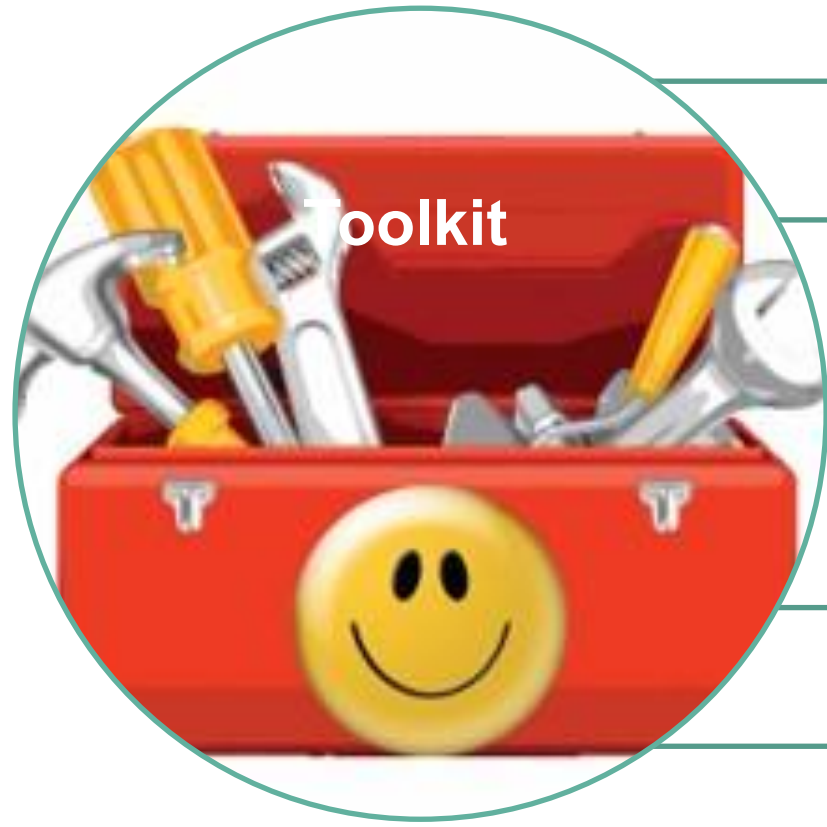
## Reasonable and manageable!

Plan your schedule

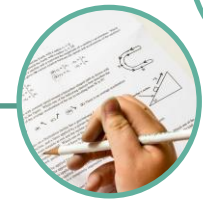
Reduce it

Reduce it some more...

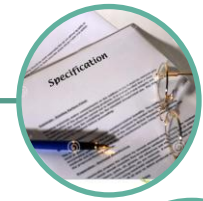
# What do you need to make a study plan?



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 <b>Morning 2hr Maths exam paper 1</b>	School 7am-3pm	School 7am-3pm <b>Morning 2hr Maths paper 2 Afternoon 2hr History exam</b>	School 7am-3pm <b>Morning 2hr Sociology exam paper 1</b>	School 7am-3pm <b>Afternoon Sociology exam paper 2</b>	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

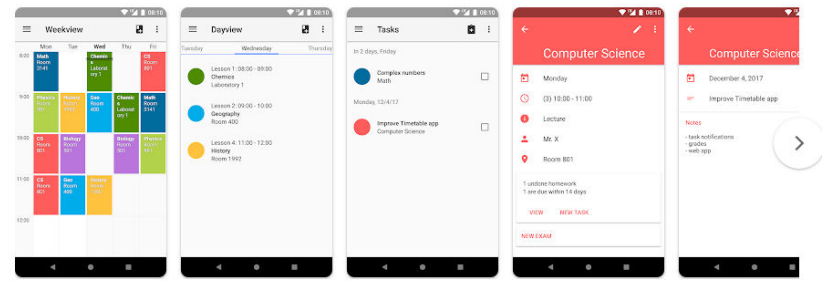
4.0★  
42.3K reviews

1M+  
Downloads

3  
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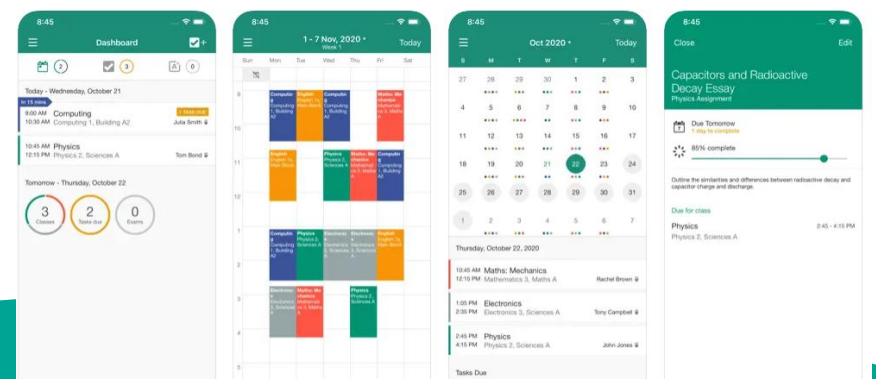
Install

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](https://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](https://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

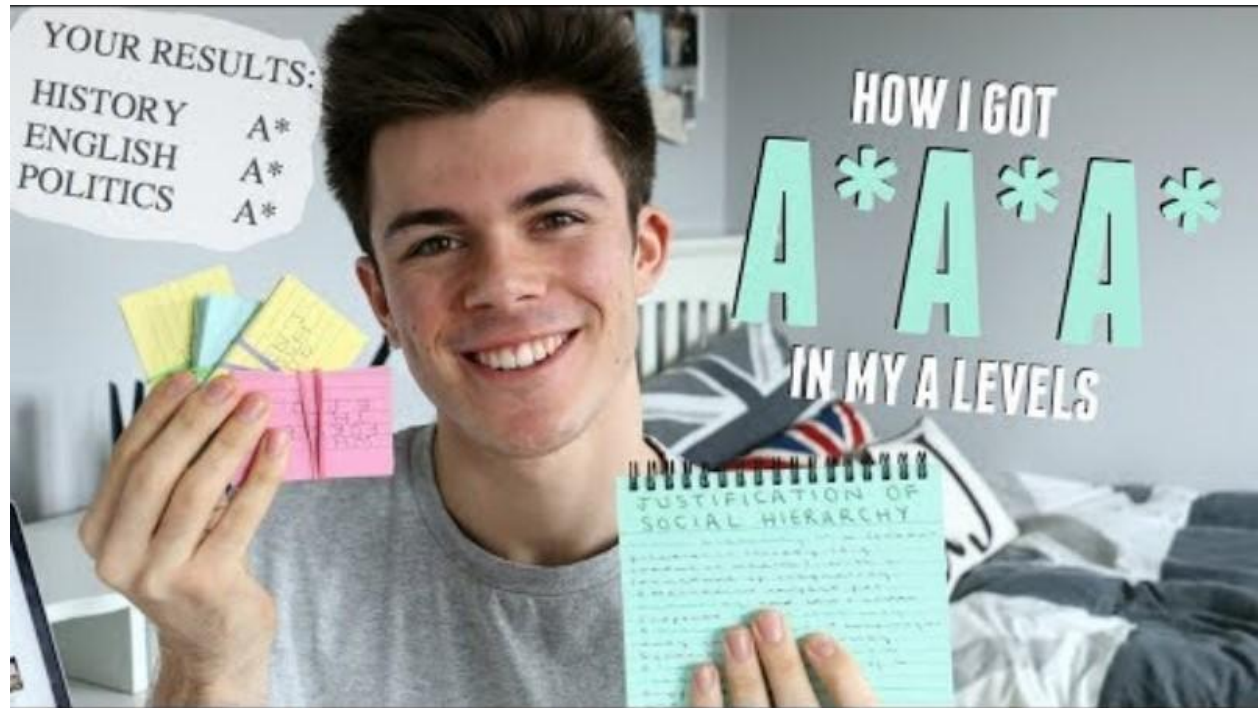
### How to study for exams - The Retrospective Revision Timetable



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!

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# | Action!



Which revision technique are you going to use for your next exam?



**MAKE**  
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**VISIT OUR WEBSITE:**  
**[WWW.MAKEHAPPEN.ORG](http://WWW.MAKEHAPPEN.ORG)**

**FOLLOW US ON:**

