

# *Study Skills in the Exam Years*



REGENTS INTERNATIONAL SCHOOL  
PATTAYA  
A NORD ANGLIA EDUCATION SCHOOL

*Be Ambitious*

# Session Outline

1. At Home
2. Time Management
3. Study Strategies
4. Balance



*At Home*

# *What can you do to help?*

1. Set-up a study area.
2. Provide the resources they need.
3. Help to motivate them to study: praise and reward.
4. Create a revision timetable you are both happy with that is balanced between work and fun.
5. Encourage them to think about the big picture, their future and their goals.



*What do you think stops students from studying?*



# *What stops us all from studying?*

## *Conscious Barriers*

- Distractions: TV, busy social life, social networking.
- Workplace that is noisy or lacking in privacy.
- Younger (or older) siblings.



## *Subconscious Barriers*

- Feelings of self-doubt.
- Feelings of anxiety.
- Feelings of fear.
- Overwhelmed.
- Fear of failure.

## *How can you help to break down these barriers?*

1. It's good to talk: parents, teachers, friends.
2. Identify problems by writing down feelings about various subjects.
3. Set goals: big and small.
4. Be disciplined: develop a plan and stick to it, but it's okay to review it too.
5. Routine: make study a habit, rather than a chore.
6. Celebrate successes – especially the small ones.
7. Be positive: they are capable and smart!
8. Help them to fight the fear: support them with ideas of how to study in different ways.

# *Time Management*



# Time

There is the same amount available for all students, but some will use it better than others.



# *Arguments for a Revision Plan*

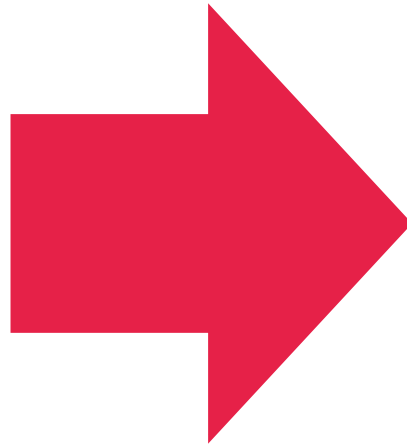
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1. Helps to set priorities
2. Helps to be realistic about how long things take
3. Avoids procrastination
4. Can get more done in a shorter amount of time
5. No guilt
6. They (and you) can track their progress
7. Removes uncertainty about the coming months
8. Gives a student freedom & balance!

# *Where do we start?*

Subjects to revise for:

- Maths
- English Lit
- English Lang
- Geography
- Biology
- Chemistry
- Business Studies



Rank order (most revision needed):

- 1<sup>st</sup> Biology
- 2<sup>nd</sup> Maths
- 3<sup>rd</sup> English Literature
- 4<sup>th</sup> Geography
- 5<sup>th</sup> Business Studies
- 6<sup>th</sup> Chemistry
- 7<sup>th</sup> English Language

How???

Many free apps to help  
online:

[https://getrevising.co.uk/  
planner](https://getrevising.co.uk/planner)

Use a blank template  
and fill it in!

This week ◀ 18th - 24th February ▶

See earlier ▶

	Mon 18th	Tue 19th	Wed 20th	Thu 21st	Fri 22nd	Sat 23rd	Sun 24th
08:00 - 09:00						add activity	add activity
09:00 - 10:00						Football	add activity
10:00 - 11:00							📅 📌 ⭐ ⌚
11:00 - 12:00	School ⌚	School ⌚	School ⌚	School ⌚	School ⌚	add activity	add activity
12:00 - 13:00						add activity	add activity
13:00 - 14:00						add activity	add activity
14:00 - 15:00						add activity	add activity
15:00 - 16:00						add activity	Piano lesson
16:00 - 17:00		IGCSE Biology (Edexcel)	IGCSE Biology (Edexcel)	add activity	add activity	add activity	add activity
17:00 - 18:00		IGCSE Economics (Edexcel)	IGCSE Economics (Edexcel)	add activity	add activity	add activity	add activity
18:00 - 19:00				add activity	add activity	add activity	add activity
19:00 - 20:00		IGCSE Chemistry (Edexcel)	IGCSE Chemistry (Edexcel)	add activity	add activity	add activity	add activity
20:00 - 21:00			add activity	add activity	add activity	add activity	add activity

See later ▼

18th - 24th Feb 25th - 3rd Mar 4th - 10th Mar 11th - 17th Mar 18th - 24th Mar 25th - 31st Mar

# *Final Thoughts on the Revision Plan*

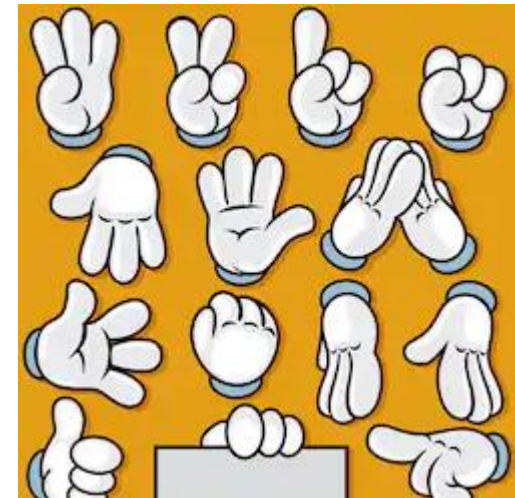
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1. Plan short blocks of an hour (50 mins study and 10 mins break).
2. Take a 20 to 30 minute break every two hours.
3. Include sports and other activities.
4. Build in rewards as a motivator.
5. Build in time to relax.
6. Share the planning – work on it together.

# *Study Strategies*

# Learning Styles

1. Visual, audio, kinesthetic learners.
2. Useful for students to think about their favourite ways to learn.
3. Reality = variety!

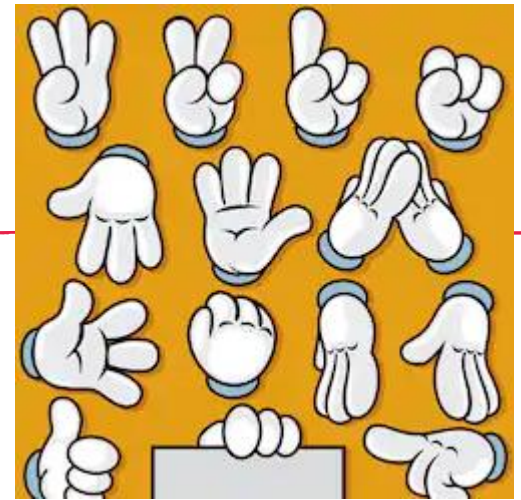




- Colour
- Images
- Diagrams
- Charts
- Maps
- Mind maps
- Flash cards
- Highlighting



- Listening
- Talking
- Recording
- Different voices
- Mnemonics
- Songs
- Raps



- Touching
- Doing
- Moving
- Trying things out
- Physical repetition
- Walking and talking



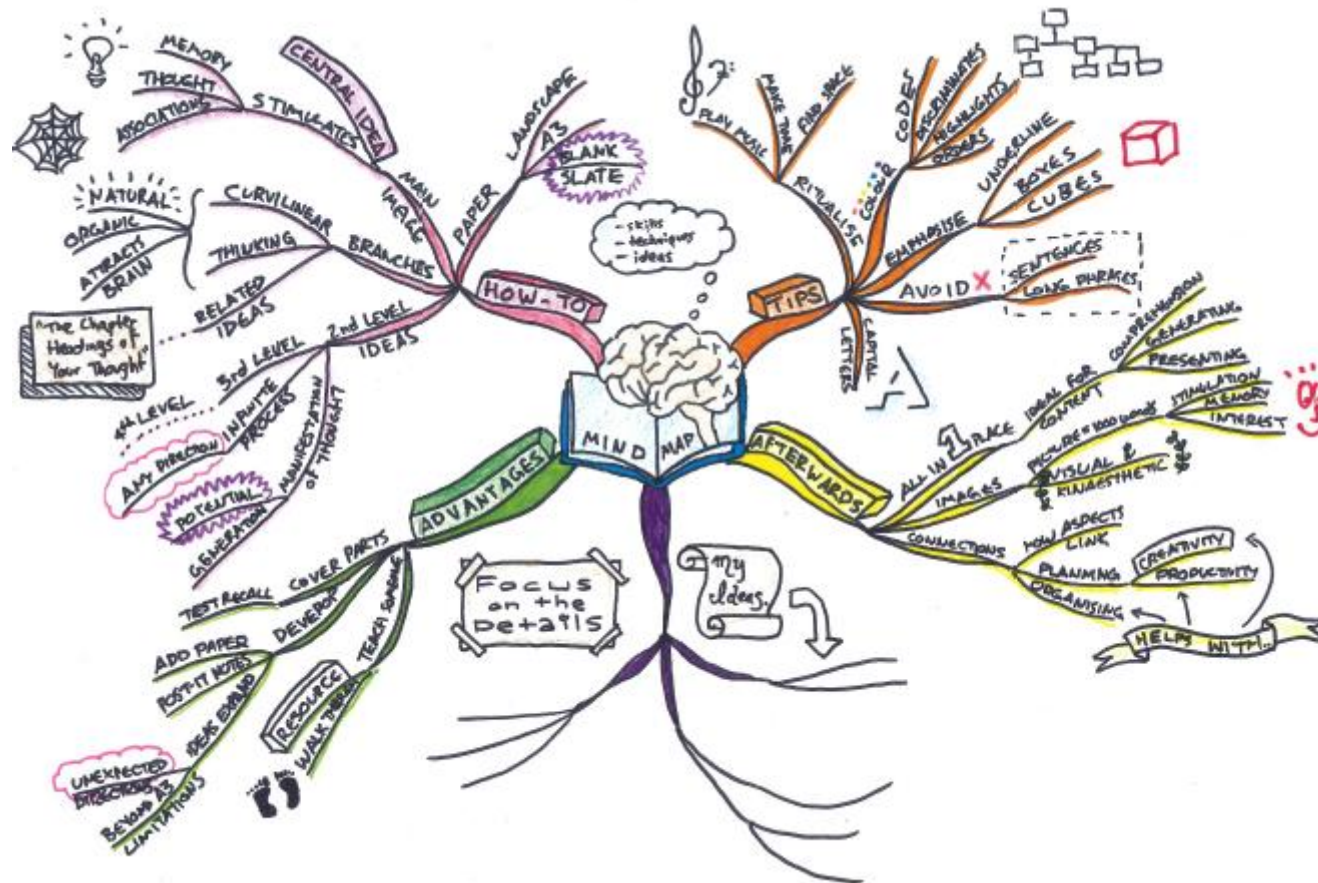
# Note-taking Strategy

- 1. Key Points:** Main ideas, questions, connections between the ideas, diagrams.
- 2. Details:** use short sentences, symbols, diagrams, leave space between each key area, abbreviations.
- 3. Summary:** main ideas for quick reference

Key Points	Details
	Summary

Freeform.com - Free School Stuff

# Mind Maps



# Why bother with Flash Cards?

Great for revising languages – reversible.

Self-test:  
question on one side and the answer on the other.



Easy to carry around: look at when travelling, waiting.

Can increase speed of learning.

# Flash Card Top Tips

- Avoid large blocks of text: one question + one answer.
- Use own words.
- Have piles for different subjects or topics.
- Keep a pile on the desk whilst studying so can make a flash card straightaway when you come across something you don't know.
- When studying the cards create a pile that were answered correctly and a pile that were answered incorrectly.
- Go over the incorrect pile again later.



# Teaching Others

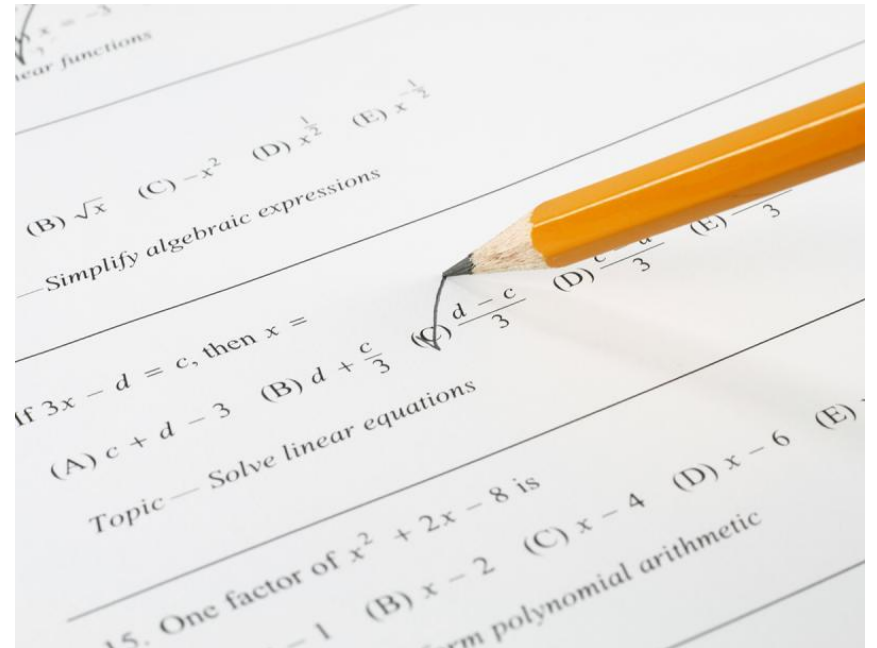
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Research shows that we remember 20% of what we read, 30% of what we hear, 40% of what we see, 50% of what we say and 60% of what we do. However, we remember 90% of what we read, hear, say and do at the same time. Indeed, some argue we remember 95% of what we teach!

- Make a **speech to a pretend audience**.
- Students could **record themselves** and listen back to these recordings.
- Ask your child to **teach you what they have learned or encourage them to teach their friends**.

# Practise makes Perfect

- Past papers
- Essay questions
- Time themselves
- Skills-based subjects
- Ask their teacher for feedback



Many free  
apps to help  
online:  
[https://getrevising.co.uk/  
planner](https://getrevising.co.uk/planner)



### Create your Study Planner

Organise your revision for any deadline or exam. Tell us what you're studying and when you're free to revise. We'll plan out your timetable to help you get those grades.

**Go! ▶**



### Flashcards

Create small cards with questions on the front, answers on the back.

   **? Go! ▶**



### Revision Cards

Break topics into manageable chunks to make them easier to learn (A5 size).

  **? Go! ▶**



### Revision notes

Share detailed notes on a topic.

 **? Go! ▶**



### Quizzes

Create fun, educational quizzes to test yourself and friends.

  **? Go! ▶**



### Mindmaps

Create a diagram to chart the relationships within a topic.

   **? Go! ▶**



### Crosswords

Create fun crosswords for when you need a break from intense revision.

   **? Go! ▶**

*Balance*



# Balance

- Eat healthily
- Exercise / activity
- Fresh air
- Plan for TV time
- Plan video game & digital device time
- Sleep well



*Coming soon....*

1. Exam timetables will be issued for IB & IGCSE.
2. Official study leave dates will be shared for Years 11 and 13.



# Thank you.

Add some more text here if you like.



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