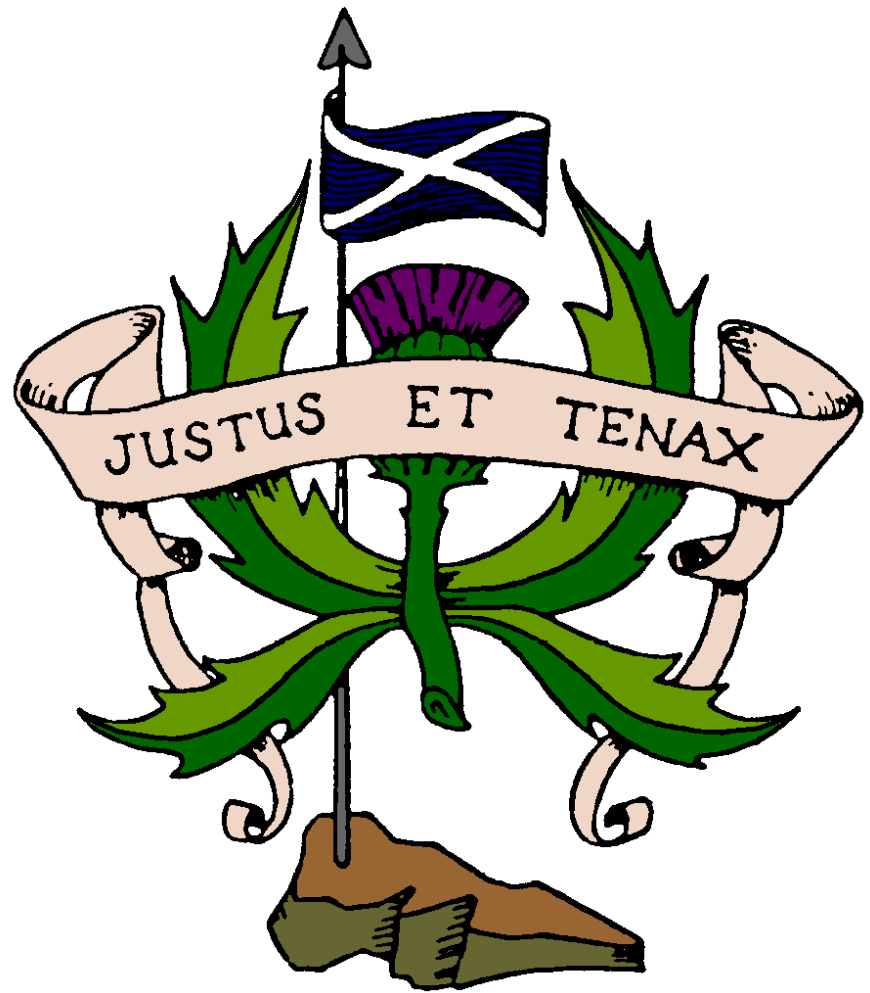


How to help
your child get
the most out
of studying:
Working
smarter not
harder





Aims of this evening

- What can students do to improve their memory, mood and concentration?
 - What does research tell us about how to study more effectively – to really help embed knowledge?
 - Which techniques really work, and which don't?
 - How can you as families support your child's study and help improve their study habits?
-

I learn best when I.....



Read over my notes lots of times



Highlight key points



Teach someone else



Write notes out again in a different form e.g. mind maps



Test myself using flashcards/quizzes



Do past paper questions



Cram the knowledge just before an exam, so it's all fresh in my head



revise a topic several times over the course of a few weeks

Can you remember how you studied? Pick as many as you apply



What the research shows doesn't work (without doing anything else)

There is no one way to revise, but there is a lot of research to show that some of the most common and popular methods are not the most effective. For example:

- **Just** re-reading notes or class slides
- Re-watching recordings without doing anything with them
- **Just** highlighting notes
- Summarising **WHILST** looking at notes
- Cramming information in a short time before the assessment

The Science of Revision: What psychological studies tell us



BREAKS: Without breaks, your brain becomes overloaded with new information and is less likely to hold onto it. Fresh air/exercise helps focus, anxiety, improve self-esteem.



MUSIC: Recent research shows that students who study in a quiet environment recall more than those listening to music.



SLEEP: Critical role in memory consolidation-brain backs up short term patterns and creates long term memories.

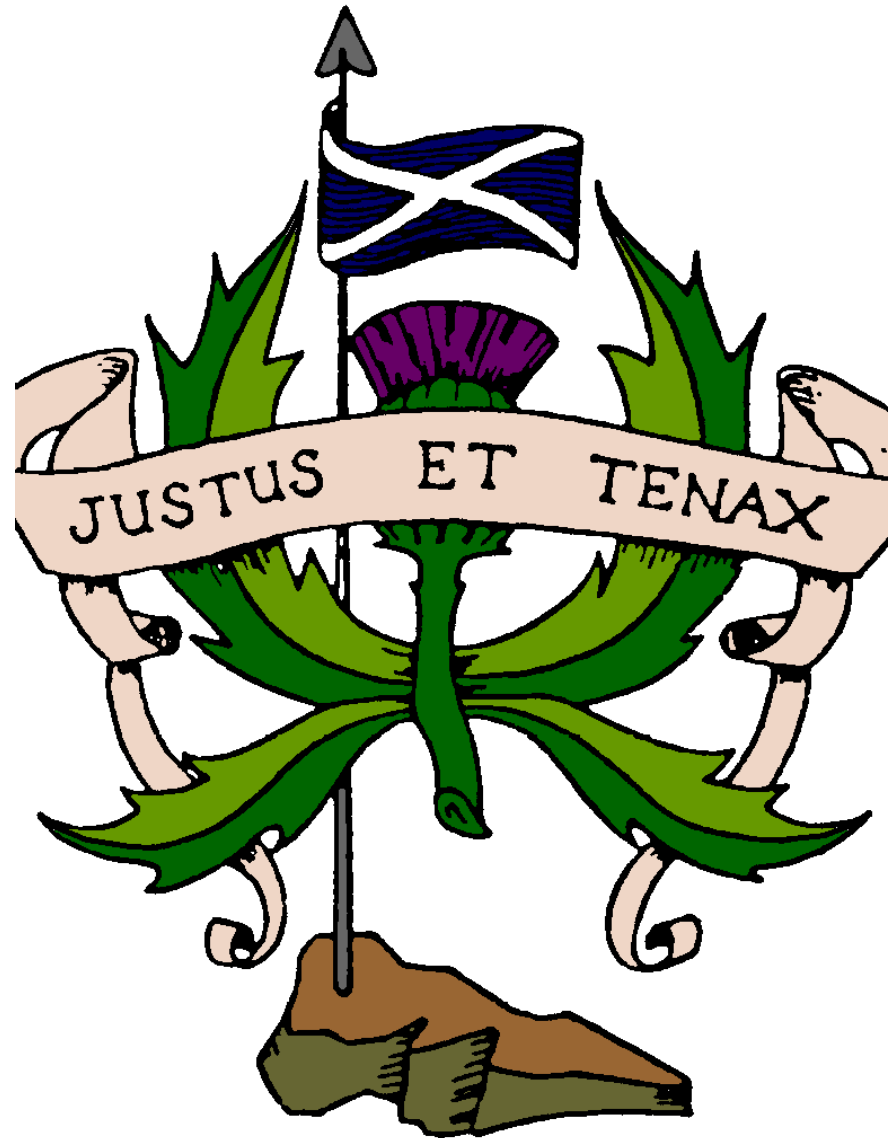


The key messages from research...

1. Psychologists recommend that to improve your memory you need to make your brain work- they call this 'retrieval practice'
2. Vital to re-organise the information in some way- notes of your notes, making connections, practising writing answers- helps get material lodged in memory.
3. Spacing out revision is the most effective revision technique: 1 hour a day over 10 days on a topic is better than 10 hours in one day



How to make
the brain active
and make the
learning stick



Strategy 1: Getting started

- First step- work out what you need to know - use lists given by teacher/lists of course content on SQA website.
- Find any gaps in notes- go to OneNote/Teams, ask teacher.
- Identify areas of weakness
- When preparing for assessments, come up with a **realistic revision plan**. Switching between different topics/subjects rather than focusing on one topic/ subject during a revision session works best.

Support at home: Go through the list of content for each topic with them and help them 'traffic light' how they feel about each topic. Any 'Reds'-encourage them to start with these topics- this gives more time to keep going over them.

Strategy 2: Testing yourself

Practice 'retrieving' information: test yourself frequently.



Retrieval



Frequent Quizzes

Strategy 2: Testing yourself

- Make notes, flashcards, mindmaps, diagrams, glossaries
- THEN test- quizzes, multiple choice questions, past papers, summaries without looking at notes.
- Don't always have to write it- test yourself by speaking answers out loud can work too
- Keep revisiting the same questions/tests if you didn't do well.

Support at home: Test them on what they've learned- make up quizzes or get them to make up quizzes for you to give them. Try to ask unexpected questions to check for understanding.

Strategy 3: Finding gaps

- Big advantage of frequently testing yourself is it helps you find gaps in your knowledge.
- Key part of improving study skills is improving metacognition- **knowledge about own knowledge**
- Goal is to improve this metacognition for each subject-**and being able to identify specific areas for improvement**

Support at home: after testing/doing past paper practice, try and work out why didn't do well. Structure of Q? Memory? Not understanding? Didn't read Q?

Strategy 4: Past papers

- Vital part of revision process at home-too often, left till last minute or not done at all
- Practicing sample answers to past exam questions can help train your brain to retrieve information- do same Q more than once!
- Identifying the command words of the question and knowing how to answer the different types is a huge part of success.

Support at home: Go to <https://www.sqa.org.uk/pastpapers/findpastpaper.htm>. Time them doing questions and then go through the marking scheme to see how to improve. Close to the exam, time them doing a full past paper to help manage timings.

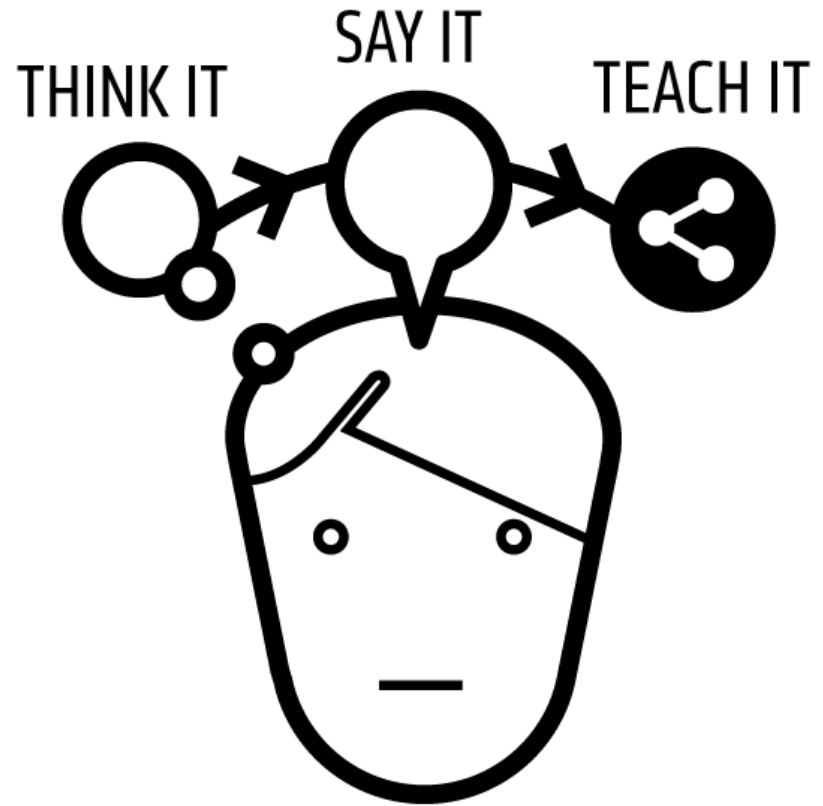
Strategy 5: Teaching others

- After testing yourself, teach the material to someone else- or even the mirror!
- Found to help aid memory and recall- [“the Protégé Effect”](#).
- Teaching someone else requires you to learn and organise your knowledge in a clear and structured manner.



Support at home: get them to teach you a topic. Try doing it several times- leaving a longer gap between each time you do it. So an hour, a day, a few days, a week.

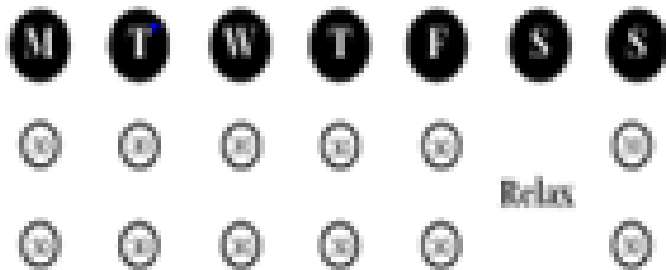
The impact of teaching others



Strategy 6 – Spaced repetition

Spaced Practice

Cutting up revision into smaller chunks and spacing it out over a period of time is the suggested by research as the best strategy to adopt when planning for assessments. For example, with six hours to prepare for an assessment in a week's time, here is a suggestion with regards the best way to space out the revision.

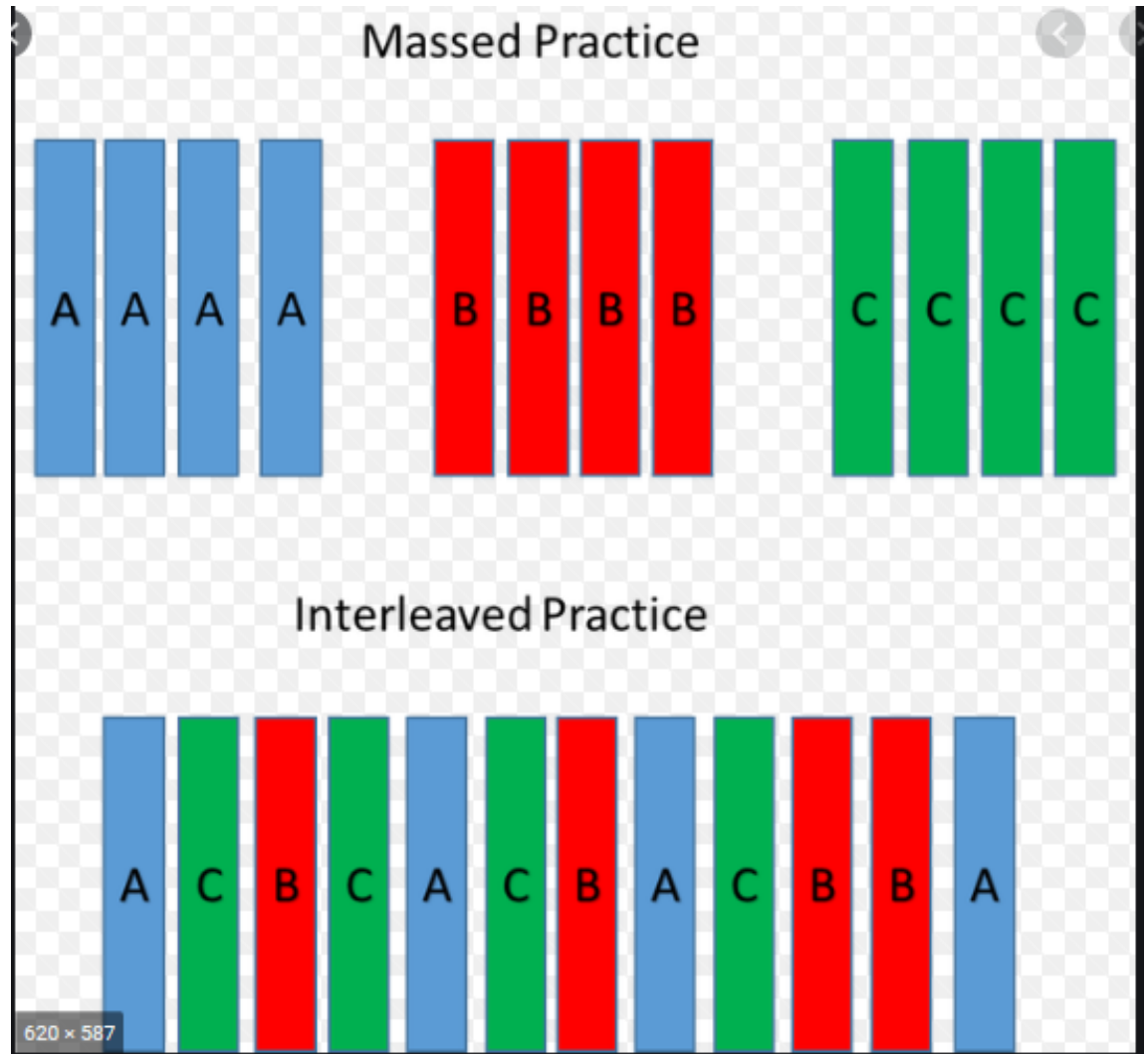


Interleaving



As with spaced practice, leaving gaps between studying is very effective. When studying multiple topics, mixing up the material you study adds to its impact.

Example of interleaving



Strategy 6: Spaced Repetition

"A century of research has shown that repeated testing works."

Support at home: Use flashcards organised in a box. Set up a schedule revising the cards in each of the sections in your box. If they answer a card correctly, put it into a section to revisit less frequently in the future, whereas if the answer is wrong, move the card into a section scheduled for frequent visits.

Summing up...Use of Mnemonics

- Some debate over effectiveness of these. Most useful once information embedded and understood
- Can be good for 'chunking' up information

Great **S**tudents **T**each/**T**est **F**or **P**rogress

- **G**etting Started
- **S**paced Repetition

- **T**eaching others
- **T**esting yourself

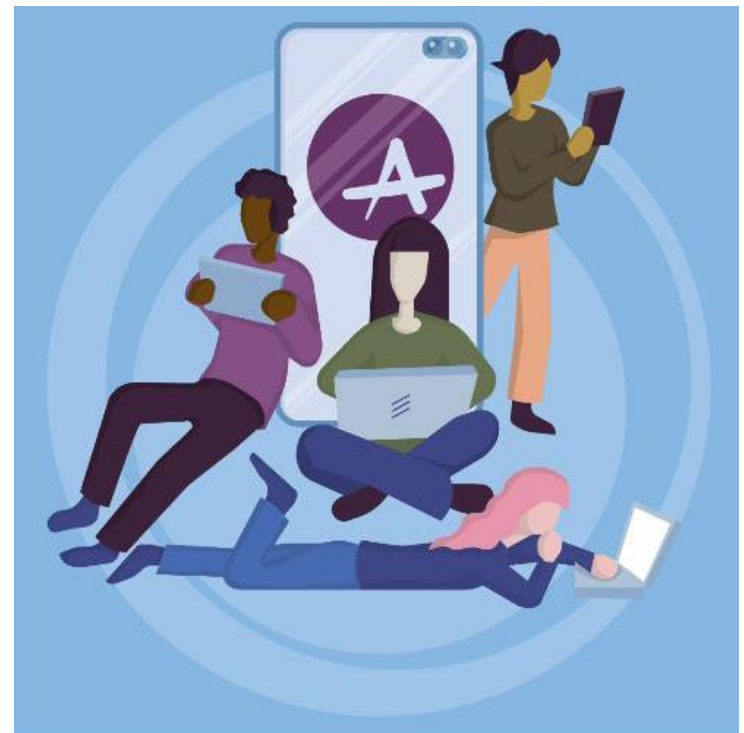
- **F**inding Gaps
- **P**ast Papers

Other ways you can support your child's study

- **Support the creation of their revision timetable**
- **BBC Bitesize**: online resource- covers N5 and Higher, good for some subjects but doesn't necessarily have everything
Provides info and tests online - <https://www.bbc.com/bitesize>
- **SQA Past Papers** -
<https://www.sqa.org.uk/pastpapers/findpastpaper.htm>
- **Glow** - <https://glowconnect.org.uk/>
- **Quizlet** - <https://quizlet.com/en-gb>
- **KAHOOT** - <https://kahoot.com/>



ACHIEVE Student Support Pack Boroughmuir High School



Achieve Learning is an online digital course for many National 5 or Higher courses. It is also very good. The courses provide content, links to SQA exam questions and answers, online assessments and tools to identify strengths and areas for improvement. Achieve can be accessed here:

[Achieve \(hashtag-learning.co.uk\)](https://hashtag-learning.co.uk)

[Video 1: ACHIEVE Student View](#) (3m 10s)

Pupils should sign up with their school username and password. Pupils require the School code: **m7dEeGeE**. Individual subjects may have class codes too. See subject teachers for class code.



Home

My Courses ▾

Learn

Assess

Self-evaluate

Quizzer



More #



My Courses

Add Course +



National 5
Chemistry



Higher
Chemistry

Learn

Learn the key concepts
from your courses.

Learn

Assess

Test your course
knowledge.

Assess

Quizzer

Join a Quizzer.

Join

Self-evaluate

Traffic light your courses to
identify strengths and areas
for development.

Self-evaluate

SCHOLAR - Online courses for Scotland's schools

Scholar is Heriot Watt University's offer of online courses aligned with 42 National 5, Higher and Advanced Higher Level SQA courses. The programme provides notes, key points, activities, tests and quizzes that offer instant feedback. Content can be accessed here:

[Login \(hw.ac.uk\)](https://scholar.hw.ac.uk)

If pupils are logged into Glow then they can add the Scholar tile and it will automatically log them in. Otherwise, pupils will require their Scholar username and password. Pupils should see their subject teachers for these details.

[Scholar Parent and Carer Leaflet](#)



<https://scholar.hw.ac.uk>

	N5	H	AH
Applications of Mathematics	✓	✓	**
Biology	✓	✓	✓
Chemistry	✓	✓	✓
Computing Science	✓	✓	✓
Human Biology	**	✓	**
Mathematics	✓	✓	✓
Physics	✓	✓	✓

	N5	H	AH
Accounting		✓	✓
Art and Design		✓	
Business Management	✓	✓	✓
Economics		✓	✓
Geography	✓		
Music	✓		
Psychology		✓	**

	N5	H	AH
English	✓	✓	✓
ESOL	✓	✓	**
French	*	✓	✓
Gaelic	*	✓	
German	*	✓	✓
Mandarin	✓		
Spanish	*	✓	✓

E-Sgoil the Scottish government's online help and offers regular, live, online support for most subjects. e-Sgoil offers weekly sessions for most NQ level courses, and they also have their online Easter study workshops coming up with registration opening soon. More and more Edinburgh schools are helping their learners to get signed up and participate, and e-Sgoil can offer study support that complements what you are already doing. [Timetable and registration](#)

Pupils will require their Glow username and password (see below, or Mrs Braisby)

If pupils are using a school iPad to access Glow and/or e-Sgoil then pupils must follow the instructions in the link below:

[Accessing Glow on an Empowered Learning iPad – Edinburgh Learns Digital](#)

Open Teams on your iPad

Click on your personal icon on the top left of the screen

Add account

Enter your glow login (this will be **ce** followed by your normal username number **@glowmail.org.uk**) and your different glow password

You can now switch between your Edinburgh teams account, and your Glow teams account

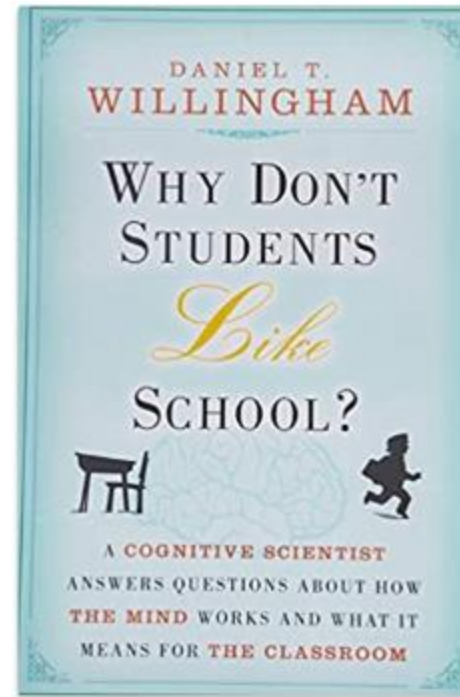
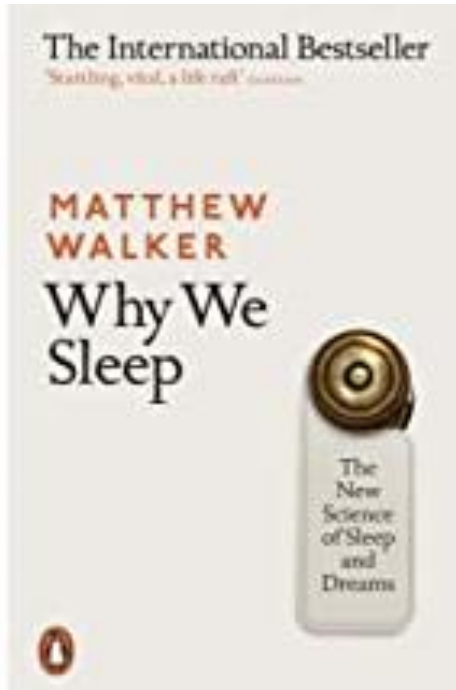
Cut and paste the esgoil sign up link into your teams search bar

West OS via ClickView is a very useful video resource store, covering subject-specific and study skills resources for all Senior Phase courses. Content can be accessed here:

[West OS \(clickview.net\)](https://clickview.net)

Pupils are required to log in to ClickView. This is their Office365 username and password.

Interesting reading





Aims of this evening

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