



OneSchool
Global

Effective Study Strategies for Home

Mrs. Taylor's Guide

First thing...

Get organized!



Make Lists

- ✓ Use the revision sheets from your teachers
- ✓ Revisit the Big Question for the Assignment to stay on track
- ✓ Revisit the Learning Intentions



Create a Study Timetable

- ✓ Use the exam timetable and plan ahead
- ✓ Block out periods of time each afternoon for revision
- ✓ Put the study sessions in Outlook so you don't forget



Stay Motivated

- ✓ Choose your rewards to stay motivated. Eg. For every 30 minutes of study you can have a short reward.

What are effective study strategies?

- **Retrieval Practice**
- **Self-explanation**
- **Elaborative interrogation**
- **Interleaved Practice**
- **Spacing Study**



Retrieval Practice

Don't just put information in...pull it out!



Brain Dumps

Write down everything you know about the topic. Time yourself. Can be individual or in a study group!

How much do you know?



Concept Map

Put your notes in a visual, such as a mind map/concept map. Use sketches!

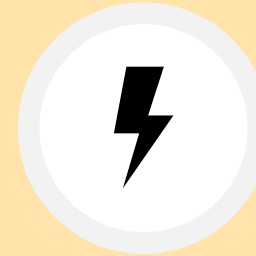
Make it visual!



10 x 2

Write down 10 things you know about the dot point, and then write 10 more! How far can you go?

How much do you know?



Flash Cards

Say the answer out loud before flipping over, shuffle the stack each time you go through it, keep cards until you get them 3x!

Do it properly



Practice Papers

AFTER you've done the other strategies, practise past questions under exam conditions – timed, no notes!

Under exam conditions

Self-Explanation

Can you teach it to someone else?



Who?

Grandparents, parents, cousins and siblings! If they can understand your arguments or explanation, then you're on the right track!

Teach others



Explain it!

Explaining it as you are studying is more effective than after.
Eg. Processes in Business, formulas in Maths.

In real time



Study Groups

Work in a study group to explain your thinking of problems as you study.

Help others



Use Solutions

Look at problems or responses that are completed and see if you can explain the thesis/solution.

Use exemplars

Interrogate Your List

STEPS:

1. Make a list of what you need to learn.
2. Go down the list and ask yourself questions such as HOW and WHY.
3. Use your notes, books, and worksheets to help you and to check your answers.
4. Start to make connections between ideas and explain how they work together. Ex. Similarities/differences, Causes/Effect, Complexities
5. Connect to your own life/experience to build relevance. Do this as you move about the day.
6. Final step: you can do it without notes/textbooks!



Sample Questions:

- ✓ Why does this make sense?
- ✓ Why is this true?
- ✓ How does it work?
- ✓ Why did it happen?
- ✓ How did it happen?
- ✓ What was the result?
- ✓ Why was it significant?

Interleave Your Study!

Choose several topics and spread throughout study sessions

45 minutes on one topic, take a 10-15 minute break (go for a walk), come back and start a different topic

Choose topics that are related in some way

(so, for example, choose several dot points in a focus area rather than one at a time)

EXCELLENT for studying Maths

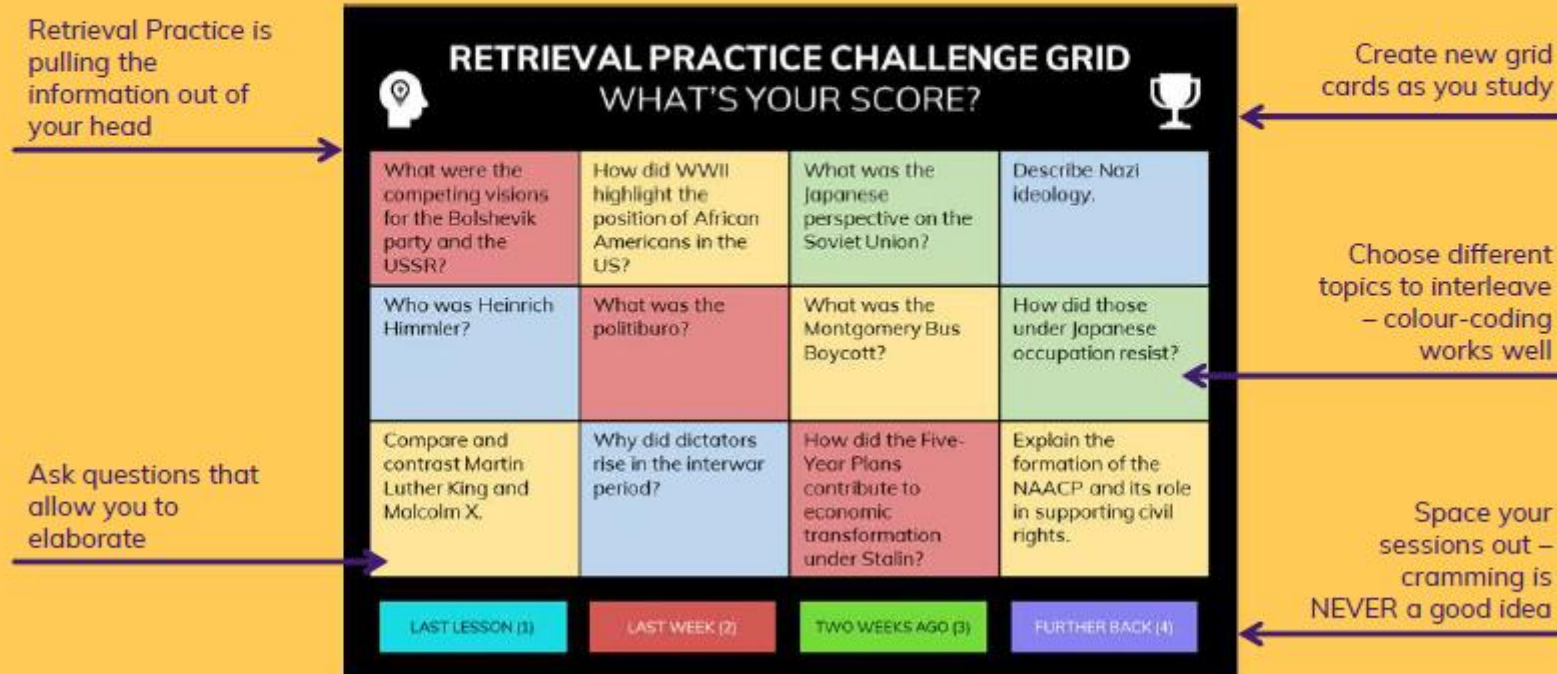
NOTE: not an excuse to jump around from one topic or subject to another because it gets too hard 😊

Use this when practicing responses: choose those that require you to pull from a number of dot points.



Example of Interleaving from HSC Modern History

CONSIDER MAKING A CHALLENGE GRID!



Spacing Study

NOT Cramming!



Distribute

Distribute your study sessions over a longer period of time rather than big sessions lasting hours.

- For example, spend 1-2 hours on a subject every other day



Focus

Focus on sub-topics in each session – you can then integrate other strategies such as interrogative elaboration or self-explanation



Review

Spend a bit of the time going back and reviewing information you have previously studied to help it get into long-term memory

Need help?

If you get stuck, need feedback on a practice paper, or you have questions:

- ☐ Book a tutorial with your teacher
- ☐ Book a peer coaching session
- ☐ Talk to a Learning Centre teacher

