

Study Skills Presentation

From Susan Scott –
Youth Information Officer (CYS)



What do Exams do?

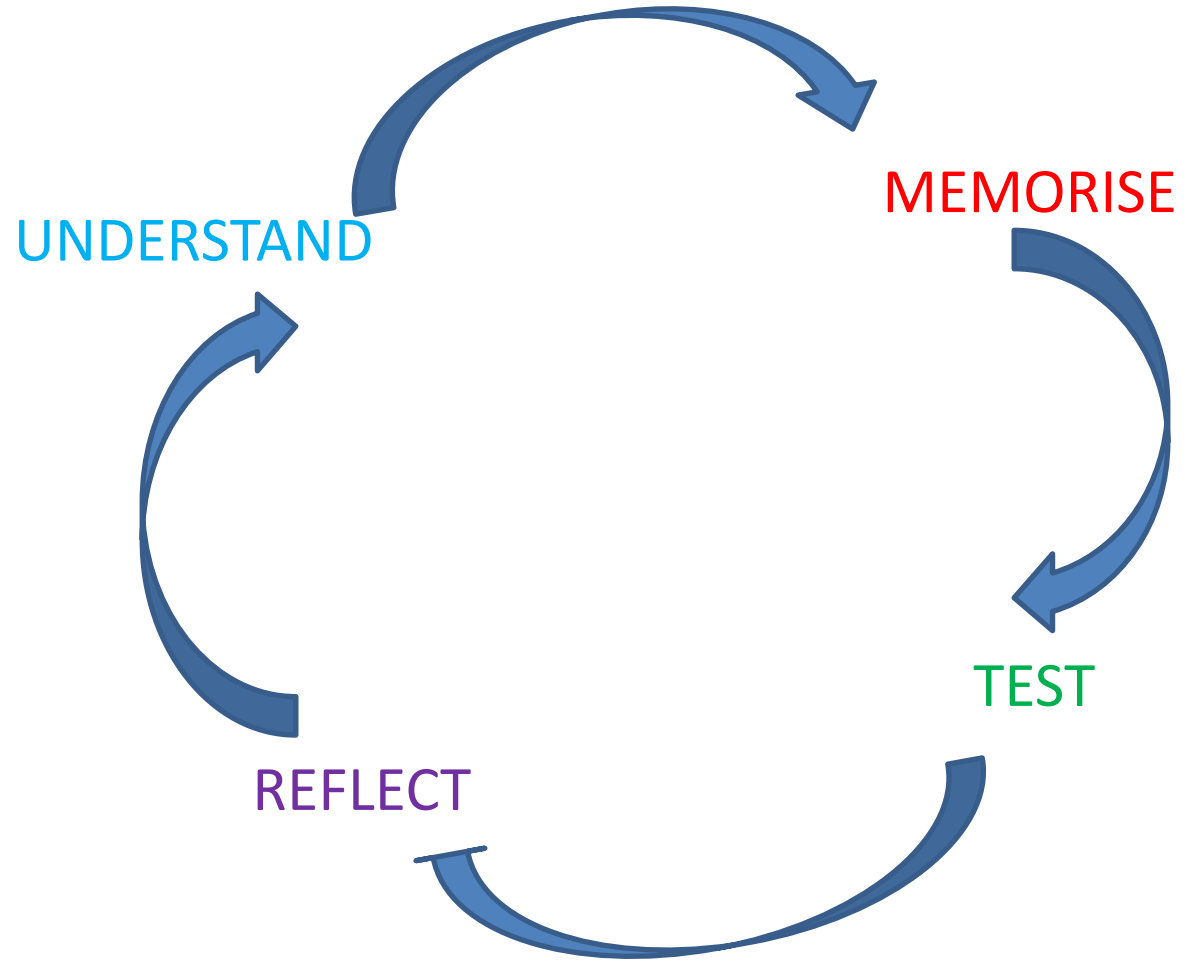
They test your memory and show your understanding of the subject.

Revision is used as a tool for preparing for exams.

If you are revising 6 weeks before your Exams - you will be inclined to remember the information.

The Revision Cycle

There is a Revision Cycle which shows you how you can test your memory and understanding of your subject.



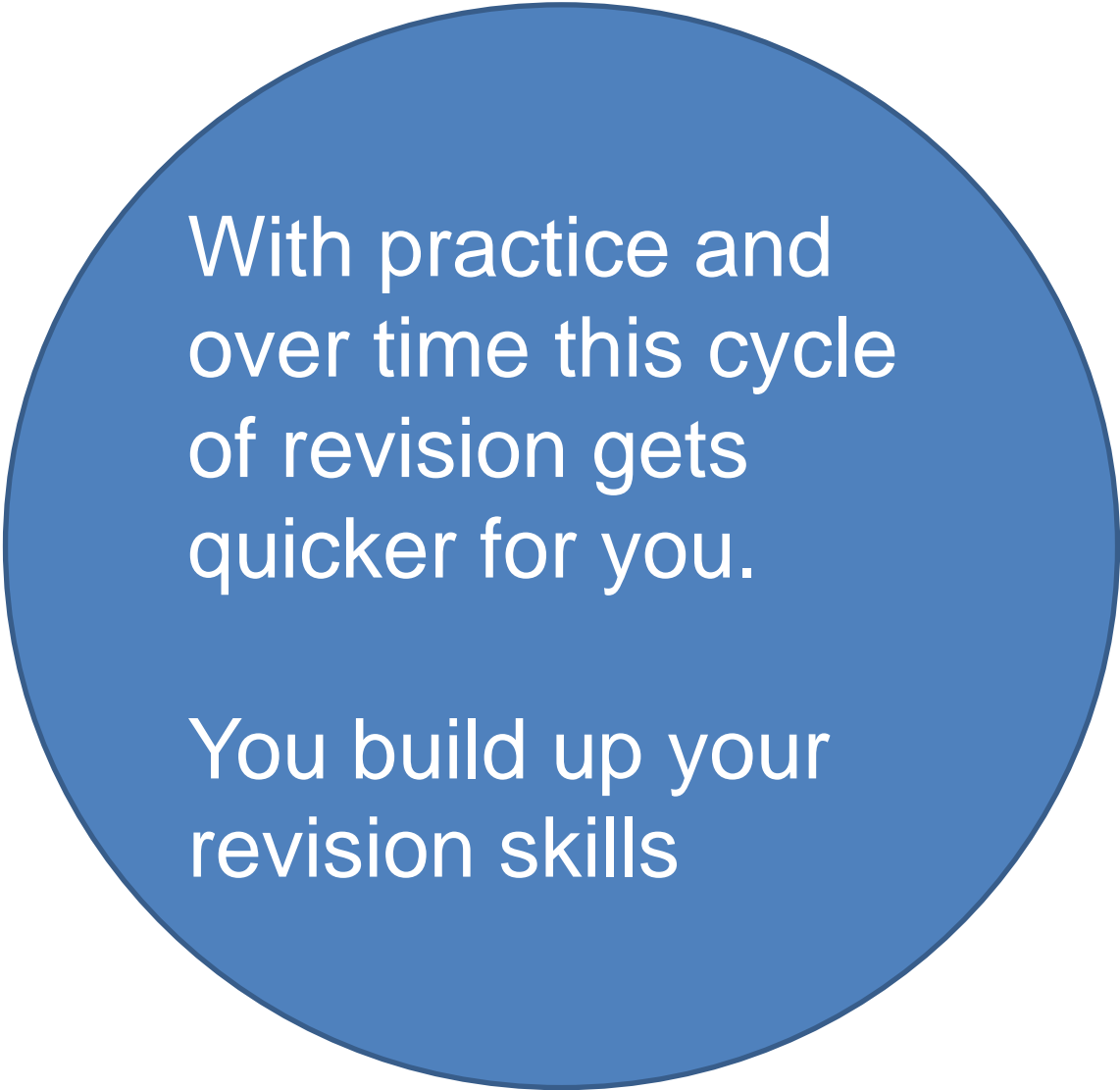
What is the revision cycle doing?

It helps you **TEST** yourself against your existing knowledge (what you have already **MEMORISED** and know).

You **REFLECT** and realise that there are some gaps in your knowledge

You fill in the missing bits of information (checking your **UNDERSTANDING** of the subject) and then you test yourself again.

You will find that you are (**MEMORISING**) learning more each time and you won't be repeatedly going over the stuff that you already know

A large blue circle with a thin black outline, positioned on the left side of a white background. Inside the circle, there are two lines of white text.

With practice and
over time this cycle
of revision gets
quicker for you.

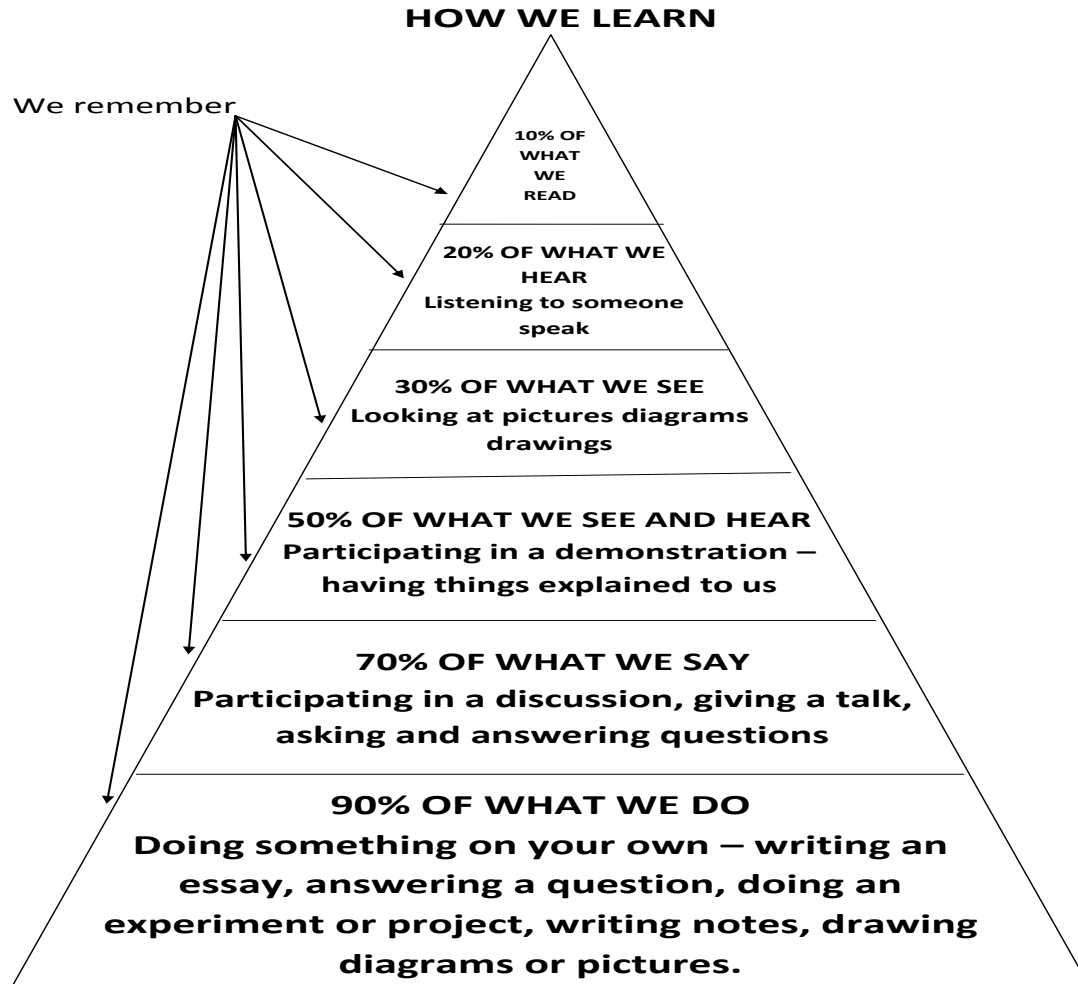
You build up your
revision skills

How do I revise?

Active Studying means using interesting methods that work for you and that help you learn the material.

Have a look at the pyramid in the next slide on **'How We Learn'** – as we all have different learning styles

How we learn Pyramid



Mnemonics – learning rhymes

‘SKILL’ – to help you remember the excretory organs of the body

S skin

K kidneys

I intestines

L liver

L lungs

Do you have any examples?

Make your notes
interesting

- Use bullet points

Use colours

Spidergrams

Make key points with wide margins on the page so that you can add changes as you learn more.

Basic tips like
using the

5 W's

WHO

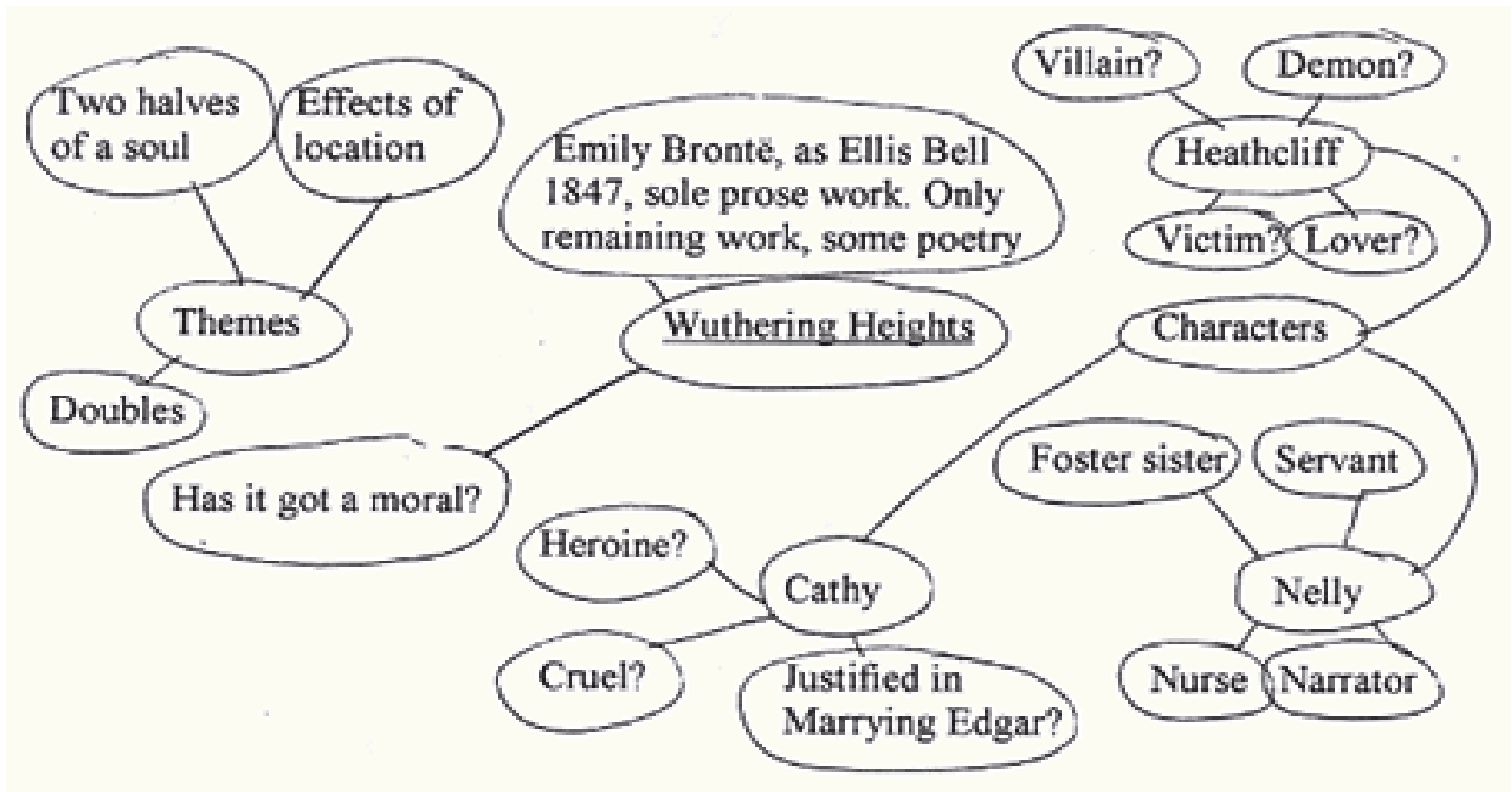
WHEN

WHERE

WHAT

WHY

In practice, a spider diagram for, say, notes on **Wuthering Heights**, might begin like this:



Other hints for revising

Each subjects ask for **specific types of information** and also expects you to be able to use different ways to answer the questions.

Read the Past Papers and get an idea of what each Exam is about and how it is laid out for you.

Being **prepared and organised**, putting in the work and doing your best what keep you calm and increases your confidence

A Study Plan helps you to do this effectively. Set goals that you can achieve within the time frame left before your exam.

Starting a study planner

What to do first

- Block out unavailable time
- Include some time for study at the weekend
- A suggestion for 18 hours study time a week is recommended in the exam help books

Make some decisions

- Decide when you are going to start – at what time
- Choose your subjects to be studied that evening/day – be specific don't just write down Geography – pick a section and do it like 'Rivers Systems of Ireland for example
- Use your past papers to choose suitable practice questions and see if you can answer the questions within the time allocated

Spread your subjects out

You don't have to do every subject each time – spread them out over the week

20/25 minutes study slots with a five minute break between them or 3 slots followed by a 20 minute break works well for most people

Start with subjects that you find difficult and end with those you like.

This will keep you interested and motivated and also make sure you don't leave out the ones you need to put more work into.

Have a look at the
sample study plan
and take some time
to write your own
version

Setting SMART Study Goals

S *PECIFIC:*

Don't have as your target, "Study geography for an hour."

Do have as your target, "Revise physical geography – rivers, and sketch a model answer to the question on last year's paper."

M *EASURABLE:*

Measure your progress towards your goal.

Use a revision checklist for each subject and tick off each topic as you study/revise it.

In this way, you'll be able to see your progress.

ACTION-RELATED:

Break down your study goal into a set of particular tasks,

*e.g. background reading of research material,
draw up essay plan,
complete writing of essay.*

Base each study session on tasks, not time.

R *EALISTIC:*

Don't set goals you will not be able to achieve.

Talk to teachers and guidance counsellors about what they think would be realistic goals for you.

If you set goals that are unrealistic you will quickly lose heart and lose interest.

T *IME-BASED:*

Avoid panic before a deadline.

Always time your study tasks, working backwards from the deadline.

If you have a test in three weeks' time, set blocks of revision work for each of the three weeks.

Remember you have to know your material before you go back and revise it.

SO - If you can't remember or didn't understand it the first time round ask for help to make the information clear for you

Keep the **balance between a healthy life-style and
your study programme**

eat well,

exercise,

get plenty of rest,

&

keep in contact with friends

On the exam day—DO

- Have a good breakfast,
- Have your stuff prepared from the night before so you are not running around looking for things in the morning
- Leave plenty of time for travel and
- know where you are going for the exam.

In the Exam

- Check you are in the right place and make enquires immediately if there is anything wrong so you can have time to find the right room.
- Write you exam number on the paper.
- Read all the instructions and each questions carefully and leave enough time for each question.
- Start with the questions that you are confident about and for those that you don't know as much, put down points so that the examiner can see your approach to the question and what knowledge is there, which might get you a few marks

After the exam

Don't discuss your performance before or after the exam as this will make you nervous or stress you out.

Finish your exam take a break, have something to eat and find a quiet space to focus on the next paper.

You were prepared,

You were organised,

***You put in the revision and
study time and***

You did your best on the day,

***Move your focus ahead to the
next exam or task***

Look after yourself and each other

If you are feeling a bit stressed about your exams or need help getting your study plan together, talk to someone and get the help that's there for you.

Remember plenty of people want to see you doing well and have confidence in your abilities. A bit of extra support will help you keep things in perspective and develop your study and revision skills for your upcoming exam as well as for the future.

Prepared by Susan Scott
Youth Information Officer
(CYS) Clondalkin Youth Service
Monastery Road,
Clondalkin
Dublin 22

Ph: 4594666