

# Developing Smart Study Skills

Getting the Best Possible Results  
Ms.Kearney 2020

# Before you start:

- Set a regular time to study-start at 4.15??
- Remove all distractions(Mobile phone)  
“Ditch the phone and get into the zone”.
- Have all that you need?-pens/water/charged device, material, clock/watch, BOOKS etc.
- Have a well lit, quiet, warm, ventilated place to study.
- Have a plan

Plan: “ If you fail to plan, you plan to fail.”

English	4.15-4.30
Geography	4.30-4.45
<b>Break</b>	<b>4.45-4.55</b>
Maths	4.55 – 5.10
History	5.10-5.25

# Plan

- A quick daily plan based on homework from journal
- Take 5 mins before beginning study time to write it out.
- Be sure to cover subjects that you find difficult early in the evening and finish with those you find easier or quicker.
- If you have learning in subjects study these early in the evening and perhaps written subjects later.

Remember:

“The bad news is time flies. The good news is you’re the pilot.”

# Recall Over Time

“The true art of memory is the art of attention.”

Studies show that up to 80% of what you learn today can be forgotten in 24 hours if you do not make a special effort to remember it. By next week you remember as little as 5%! By briefly but frequently bringing your mind's attention back to that topic you can improve your recollection of material by over **400%!!**

# Empowered Reading

You remember only 20% of anything you passively READ. But you remember 60% of what you DO!

Empowered reading is actively doing reading! It will immediately bring your retention and memory up to the 60% range.

# Empowered Reading

1. For every paragraph made some **annotation/mark** on the side regarding what you have read even if it is a big question mark to indicate you understood none of it!
2. Use **any mark** you wish to indicate your *commentary* on what you read. Make sure you decide what your symbols mean and try not to change them

## Examples of Symbols:

!	Interesting point
!!	Important point
?	Confusing! Don't understand this part.
??	Help! Need to get this explained to me.
*	Main Point
*NB	Important Main Point
e.g.	Use of an example to explain main point
☺	Key word for Mind Map

# Empowered Reading

3. Use of **highlighters** and **coloured markers** are very brain friendly. You can easily *colour coordinate your symbols* if you like.
4. You can also **write any key points and key terminology onto a Mind Map** as you are reading. It completes two jobs at the same time.
5. Any form of a **line down** by the side of the paragraph can indicate anything you want. Straight line, Zigzag line, curvy line, double straight line etc.
6. Use your amazing **imagination** to think of other ways to ensure you become an **EMPOWERED READER!**



# Mnemonics

- A single word mnemonic is a word or phrase that helps you to remember information.
- **BAFFLING PIGS** – Euro countries  
(Belgium, Austria, France, Finland, Luxembourg, Ireland, Netherlands and Germany, followed by the Mediterranean countries: Portugal, Italy, Greece and Spain).

# Creative Sentences

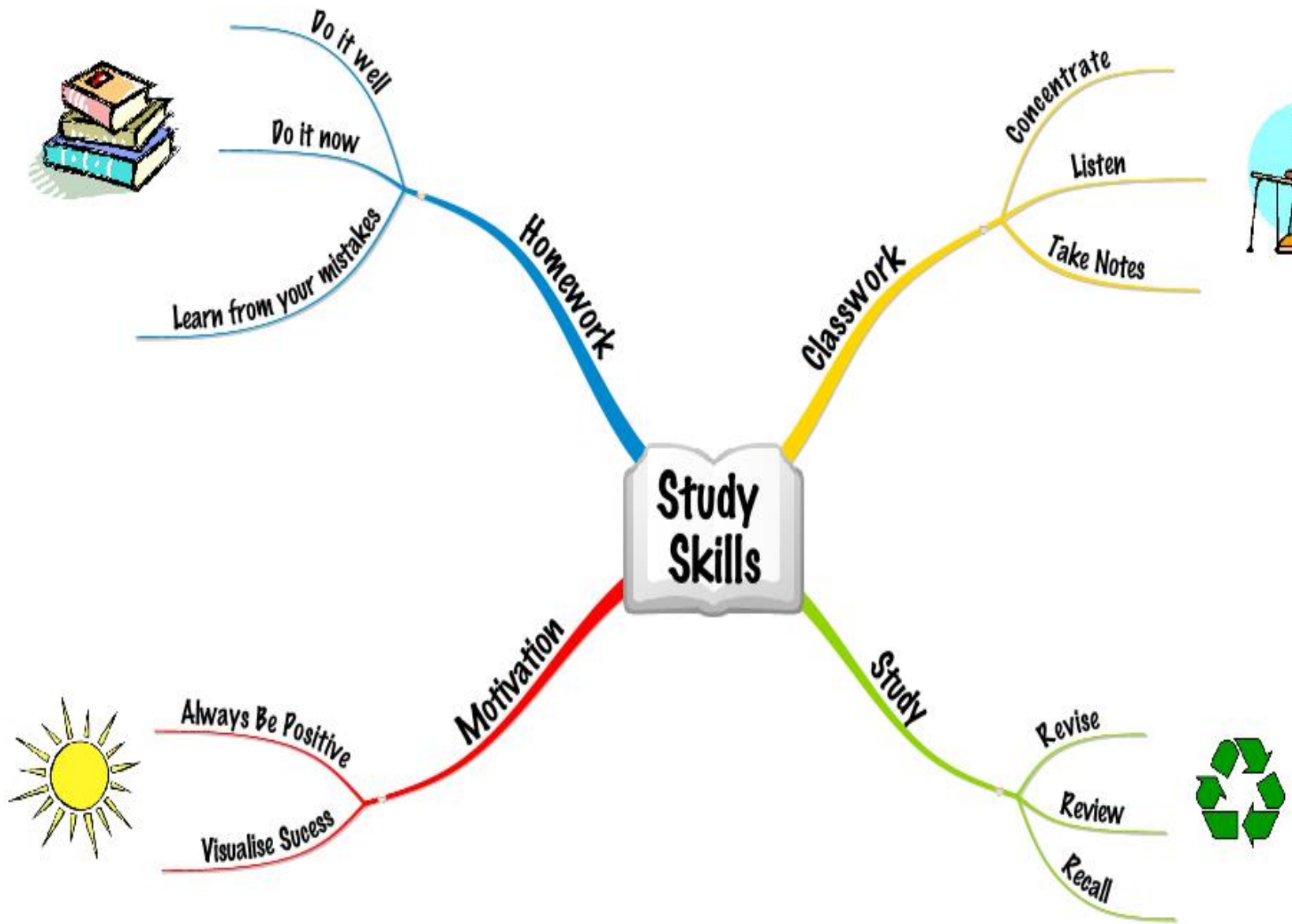
- Creative sentences are sentences you can remember which help you remember something else, like a list or sequence.

Andrew And Deirdre Do Fantastic Things  
(Counties in Northern Ireland: Antrim,  
Armagh, Derry, Down, Fermanagh and  
Tyrone)

# Mind Maps

- Good when used as part of a review programme:
  1. Start in the centre with an image of the topic.
  2. Use images, symbols, codes throughout your Mind Map
  3. Select key words and print, using upper and lower case letters
  4. Each word/image must be alone and sitting on its own line.
  5. Use colours throughout the Mind Map
  6. Develop your own personal style of Mind Map

# Use a Mind Map



# The VAK Model

- Are you **V**isual, **A**uditory or **K**inaesthetic?
- Work to your strongest learning sense.
  - 29% of us are **v**isual learners (seeing)
  - 34% of us are **a**uditory learners (hearing)
  - 37% of us are **k**inaesthetic learners (touch/active)

# Visual Learners - Seeing

- Mind maps
- Pictures
- Diagrams
- Charts/Graphs
- Colour – markers/highlighters
- Symbols
- Doodle while thinking something through
- Take notes while someone is talking
- Sit quietly and visualise what you have just seen, read or heard. Make a 'mental movie' in your mind.
- Learn in groups and with others.
- Empowered reading.

# Auditory Learners - Hearing

- Use different accents - make it sound as funny or ridiculous as you like.
- Use your teacher's voice for the particular subject. It is a clear link for your brain.
- Speak out loud so that your ears are hearing your voice.
- Background music (once not a distraction) : classical is best.
- Audio record your essay answers and completed questions and play them back to yourself regularly.
- Mind maps
- Learn in groups
- Empowered reading

# Kinesthetic Learning - Touch

- Fiddle while learning: a. tangles b. stress balls c. juggling d. even blue tac!
- Walk around while you learn – a treadmill is good too!
- Mind maps
- Notes on index cards that can be shuffled and rearranged.
- Post-it notes
- Always write it out to show you know
- Learn in groups and with others
- Empowered reading



# Brain Foods

- Choosing the right food and drink will make it easier to concentrate and perform better in exams
- Everyday
  - ✓ Water
  - ✓ Fruit
  - ✓ Vegetables
  - ✓ White Meat (Fish, Chicken)
  - ✓ Slow Release Carbohydrates (potatoes, brown rice, porridge)
  - ✓ More Water

# Exercise

- We need to drain the lymph system to get rid of toxic waste and ensure we don't get ill – brief but regular exercise will do this.
- Minimum 5 mins a day; ideally 20 mins 4 times a week.
- The simple action of a brisk walk will do this.

Why don't you think.....



# To sum up!

- DITCH THE PHONE
- PLAN
- USE GOOD LEARNING TECHNIQUES
- LEARN TO YOUR STENGTHS
- EAT AND EXERCISE WELL
- BELIEVE YOU CAN DO IT!