

By the end:

- Getting organised for study
- Study skills to enhance reading
- Study skills to enhance written work
- Increase engagement in the curriculum in informal ways
- Exam skills
- Feeling Stressed and Anxious



study to
success

Getting organised for study

- Eat, sleep and exercise
- Study friendly environment
- Set up good study habits
- Make sure you have everything before you sit down
- Organised folders with a night before section
- Motivation
- Manage your time

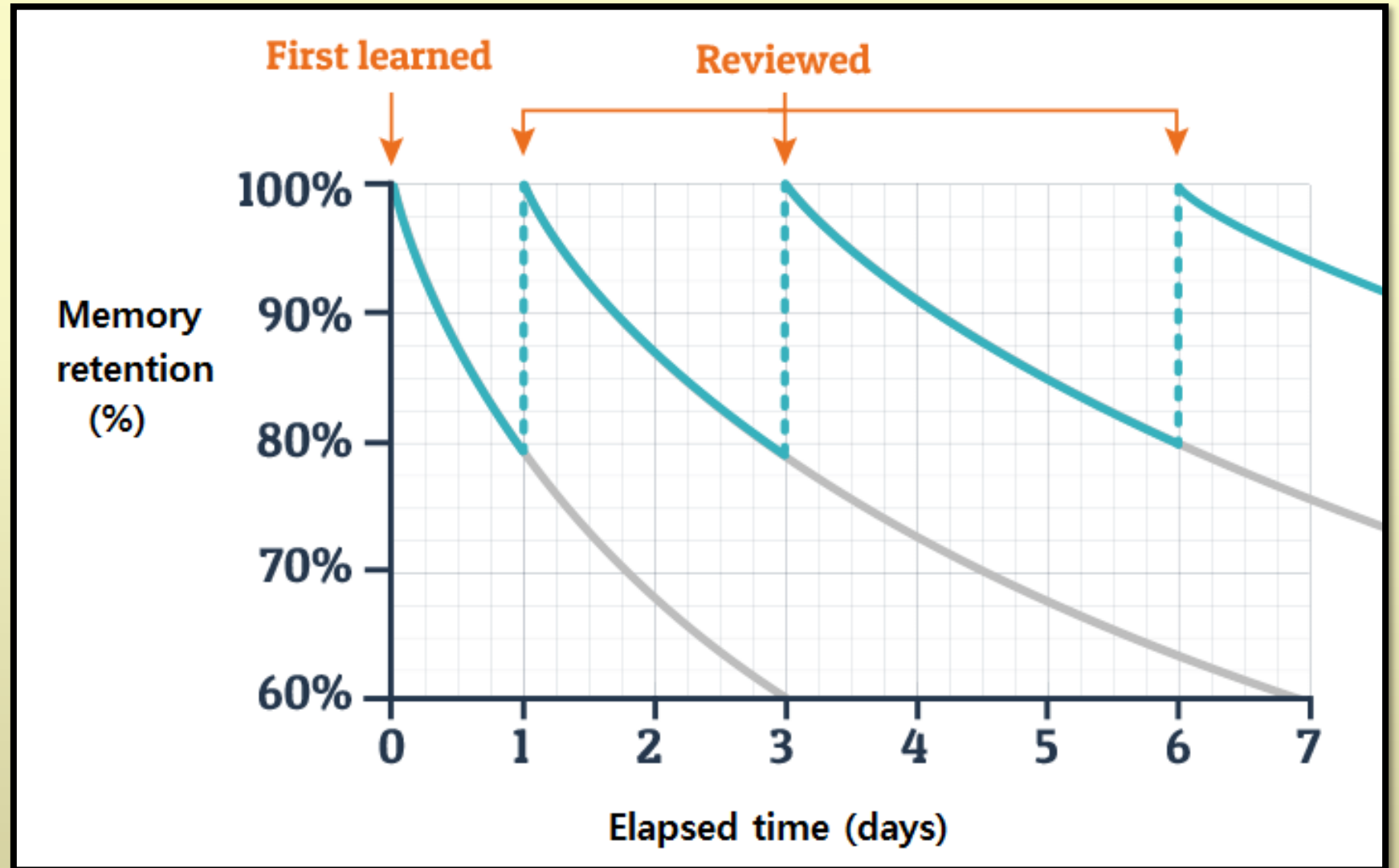


	30 th Sept – 6 th Oct	7 th Oct – 13 th Oct	14 th Oct – 20 th Oct	21 st Oct – 27 th Oct
English	Poetry quotes p. 36	Essay plan		
Irish	Vocab SP	Vocab SP		
Maths	2020 P1 Q2	2023 P2 Q1		
DCG		Finish design concept		
Biology	Circulation 2023 Q4	Respiration 2022 Q3		
History		Nationalism in EU		
Geography	Rivers 2023 Q1			

Managing Time

100% into what you are doing

The Forgetting Curve



Aim of studying

Engagement

Understanding

Ways to increase engagement:

10 min learning 30/40 min written and repeat/ work to a timer

Switch up subjects, styles of studying

Active studying

Setting goals for what you want to achieve

Repetition increases memory retention

Reading to Learn

SQ3R

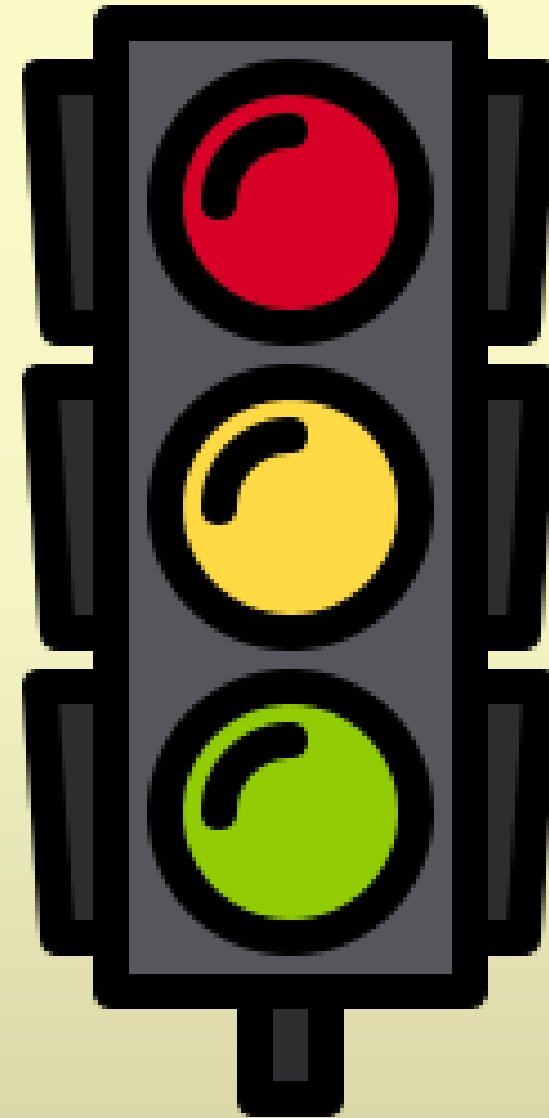
1. **Survey the chapter** – a quick survey allows you to get an overall idea of what you will be learning and what the important areas are
2. **Questions** – find a question from the end of the chapter or exam question
3. **Read looking for the answers to the questions** – focuses the mind when reading the chapter
4. **Write** the answers to the questions/do a mind map/summary tree/key words sheet
5. **Review** the information



Reading to learn

Traffic light method

- Mark information you understand well in Green
- Highlight concepts you are unsure about in Yellow
- Indicate areas you don't understand at all in red



Writing Notes

Verbal memory & Visual memory

5 Ways to Use Dual Coding

by @inner_drive | www.innerdrive.co.uk

Dual coding is the process of blending both words and pictures while learning, but what are some specific different ways you can do this?



1. Drawings

These boost learning by getting students to think deeply about information



2. Diagrams

These are helpful for breaking down complex concepts or processes to make them easier to understand



3. Posters

These are great for combining writing, pictures, and diagrams all within one page of information



4. Timelines

These can be used for information that happens in a particular order or sequence



5. Graphic Organisers

These organise verbal and visual information by the relationships between different concepts. Examples include tree diagrams, mind maps, and Venn diagrams

Writing Notes

SUBJECT: _____ SECTION: _____ PAGES: _____

TOPIC: _____

Learning Outcome(s)

1. _____

2. _____

3. _____

1 st Review	___/___/___
2 nd Review	___/___/___
3 rd Review	___/___/___
4 th Review	___/___/___

KEYWORD	EXPLANATION/DIAGRAM/PICTURE

OBJECT: English SECTION: Poetry PAGES: _____

TOPIC: Poetry Keywords










Learning Outcome(s)

1. _____

2. _____

3. _____

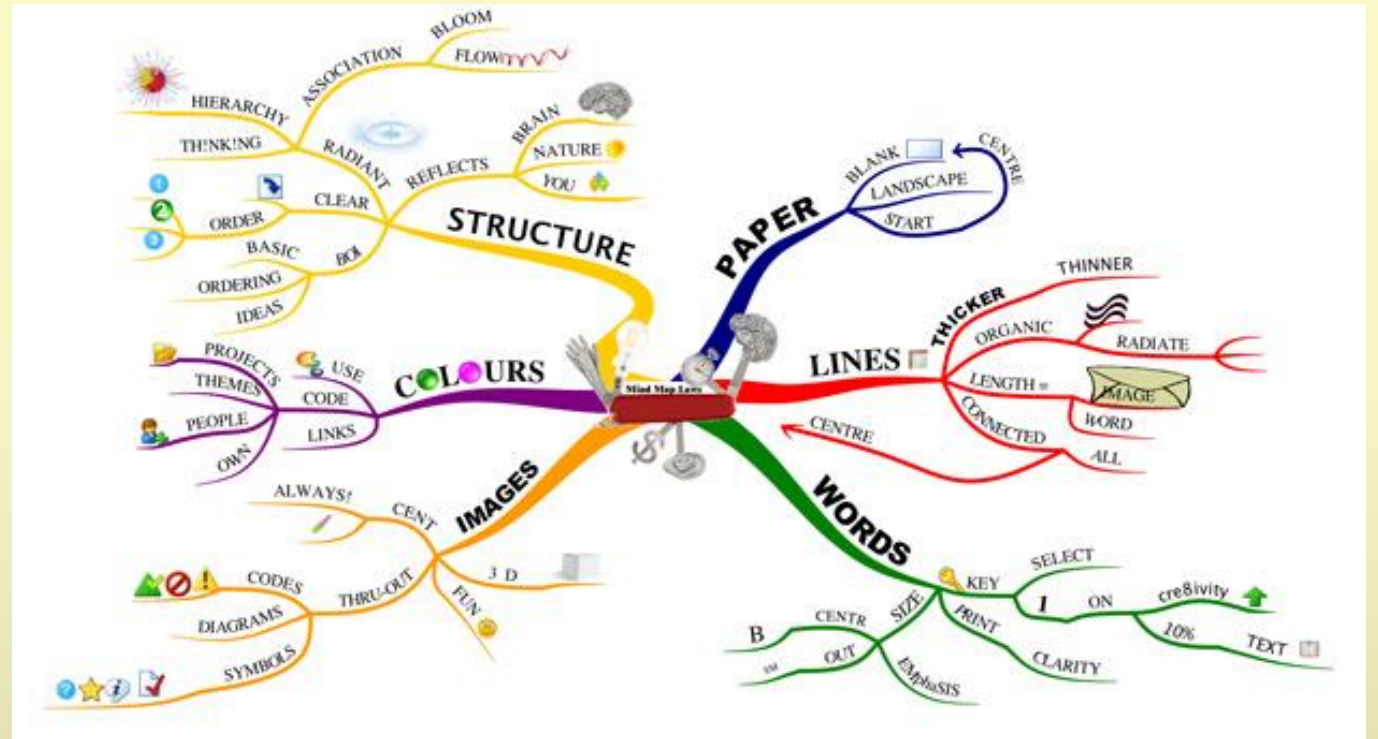
1 st Review	___/___/___
2 nd Review	___/___/___
3 rd Review	___/___/___
4 th Review	___/___/___

KEYWORD	EXPLANATION/DIAGRAM/PICTURE
<u>Simile</u>	 <p>Sam runs as fast <u>as</u> Lightning.</p>
	 <p>Emily's dress was colourful <u>Like</u> crayons.</p>
<u>Metaphor</u>	 <p>She is a walking dictionary. {A comparison in which one thing is said to be like another}</p>
<u>onomatopoeia</u>	   <p><u>Splash</u> <u>BANG!</u> <u>POP</u></p> <p>Words that imitate sounds</p>  <p><u>buzz</u></p>
<u>Alliteration</u>	 <p><u>P</u>eter <u>P</u>iper <u>p</u>icked a <u>p</u>eck of <u>p</u>ickled <u>p</u>eppers.</p>
<u>Hyberbole</u>	 <p>I'm so tired I could sleep for a year.</p> <p>A hyberbole is an extreme exaggeration used to make a point</p>

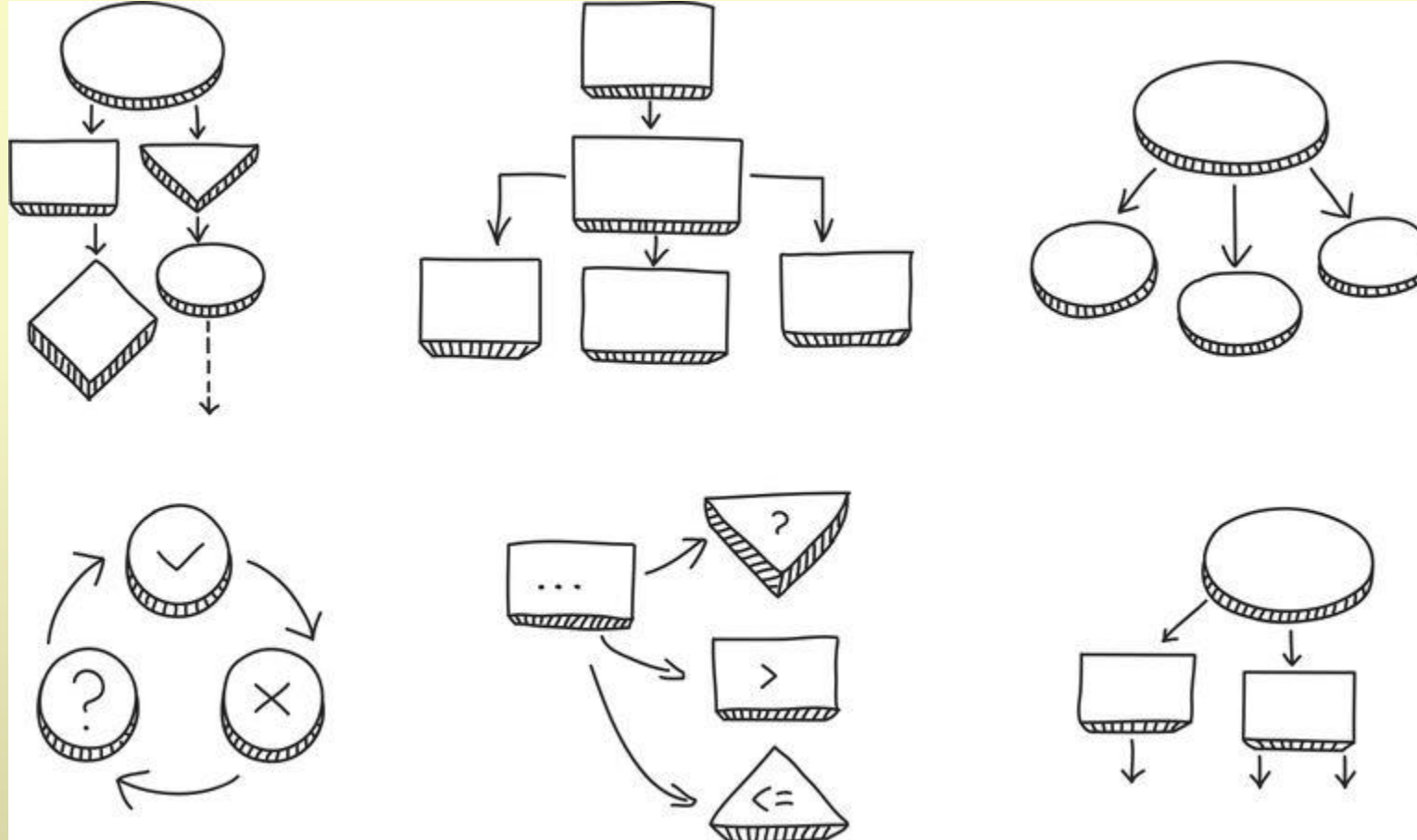
Mind maps

Helps to:

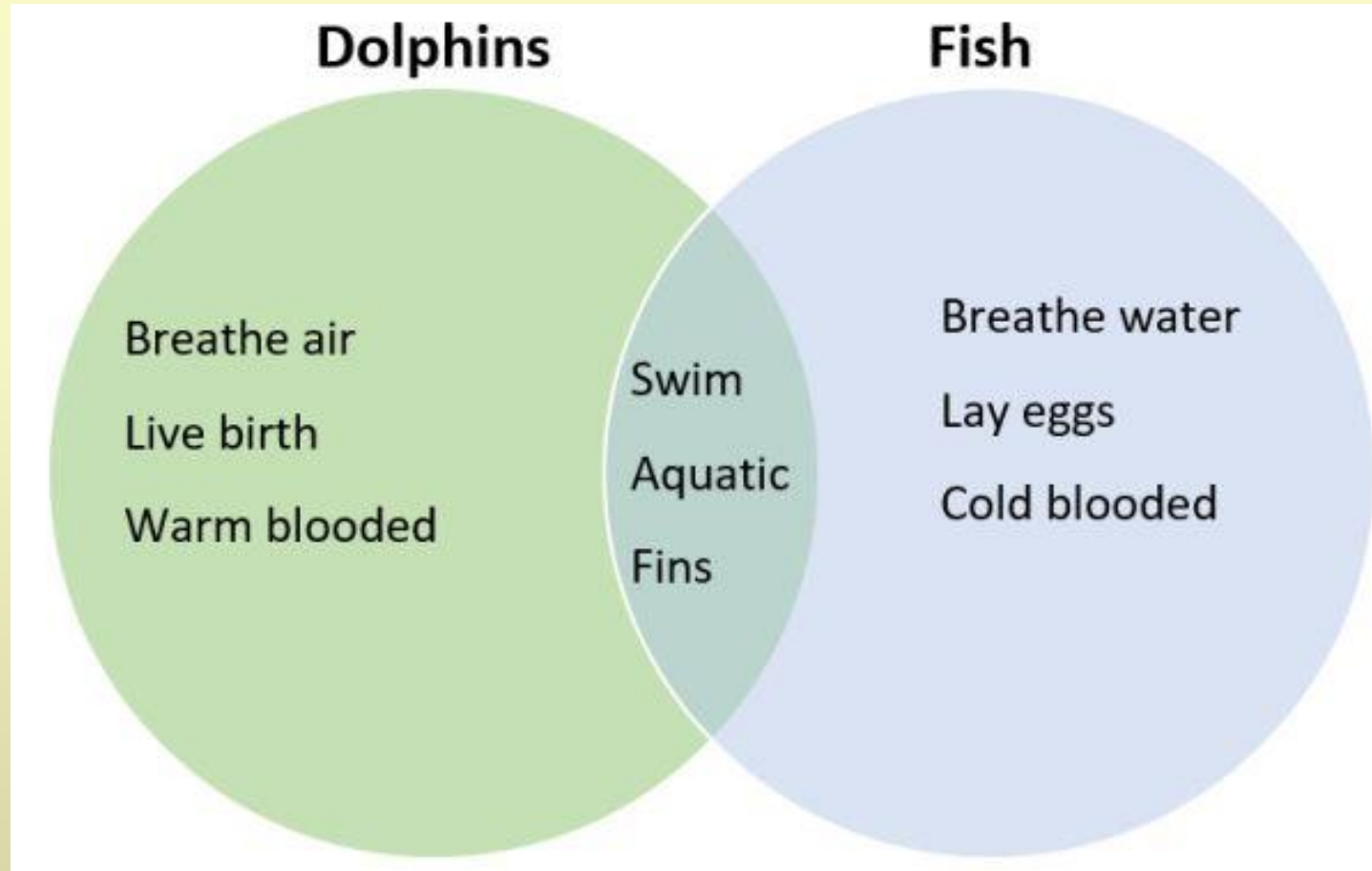
- generate more ideas
- identify relationships among the different data and information
- effectively improve memory and retention.
- Can draw themselves or do online!



Layout information differently using graphic organisers



Venn diagrams



Whiz Grid

the rate of the heartbeat.

- normal heartbeat is 70 beat per min
- passes food and oxygen into cells
- it give energy to the body

effect of exercise of heart rate.

- we exercise and need energy.
- the fitter we are the lower the heart rate.

pulse

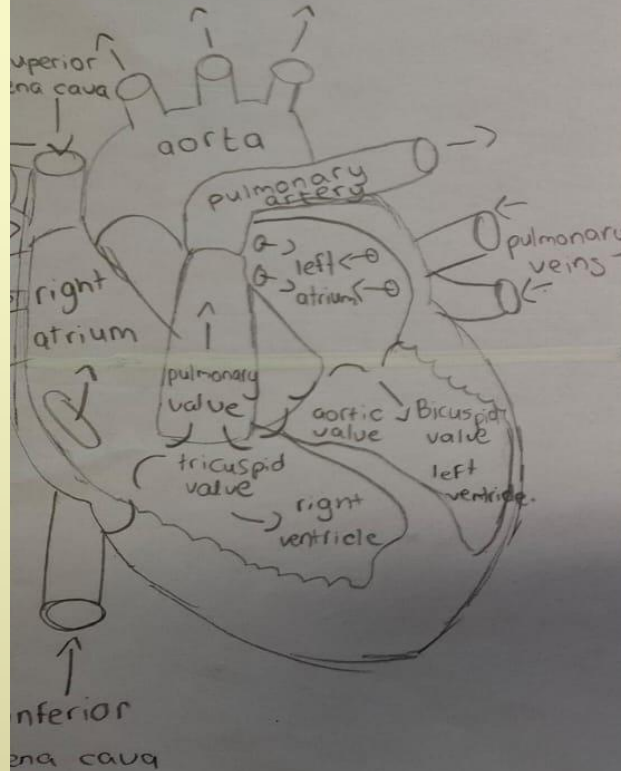
- a pulse is when the walls of the artery move as blood is pumped through them.

pulse is taken -

1. neck
2. wrist
3. temple

the heart.

- the heart is a pump
- pumps blood around the body
- heart made of muscle cardiac
- if the cardiac muscle stop pumping, the person have a cardiac attack (heart attack).



the heart

Science!

functions

- vena cava - brings deoxygenated blood around the body.
- right atrium - brings blood from the vena cava to the right ventricle.
- right ventricle - recieves blood from right ventricle to the pulmonary artery.

body temperture

- normal temperature is 37°C
- body cools itself by sweating

heart disease and heart attack

- caused by blocking of arteries due to cholesterol.

ways to prevent heart disease.

1. eating healthy
2. don't smoke/vape
3. exercising
4. don't have fatty diet.

- tricuspid valve - seperates the right atrium and right ventricle
- pulmonary artery - carries blood to lungs from right ventricle.
- pulmonary vein - bring oxygenated blood from pulmonary veins.
- Aorta - pumps blood out of the heart and around the body.



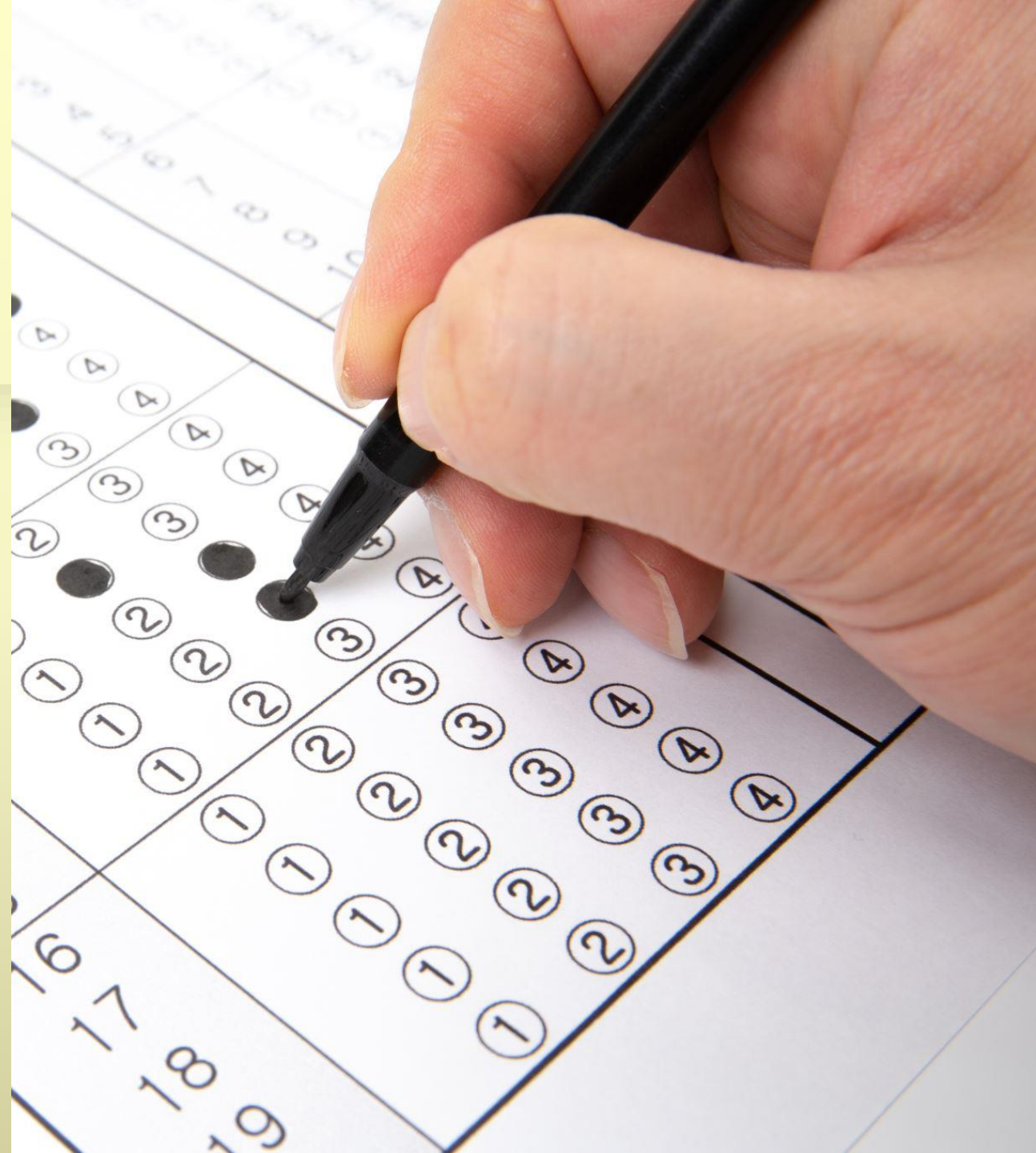
Auditory engagement

- Record yourself to listen back
- Duolingo
- Watch Youtube
- Podcasts
- Get someone to test you
- Read aloud

Practice Practice Practice

- Exam Questions

Study Clix



STUDY STEPS

- Step 1. Read the Chapter / TOPIC NOTES – underline important information
- Step 2. Take YOUR OWN Notes - Whizgrid, Flash Cards, Mind-Maps, SQ3R method etc.
- Step 3. Test Yourself: Use past papers on that topic to study – it is very effective – it gets you used to answering exam questions and prepares you for what is ahead. Use a white board to see if you can answer the questions – you don't need to write out the full answer, you can bullet point and be concise.

Increase Engagement through Tech



Take **pictures of notes** on your phone to look at on Bus/in a Queue.



Voice notes again to listen to on a Bus/in a Queue



Follow accounts on **social media**: for example @howtolc @buzzingbiology_lc @crackingchemistry1 @studyclix @muinirish @gaelge_vibes @the_business_department @excel_in_french



Youtube for example Biology Bug Bears

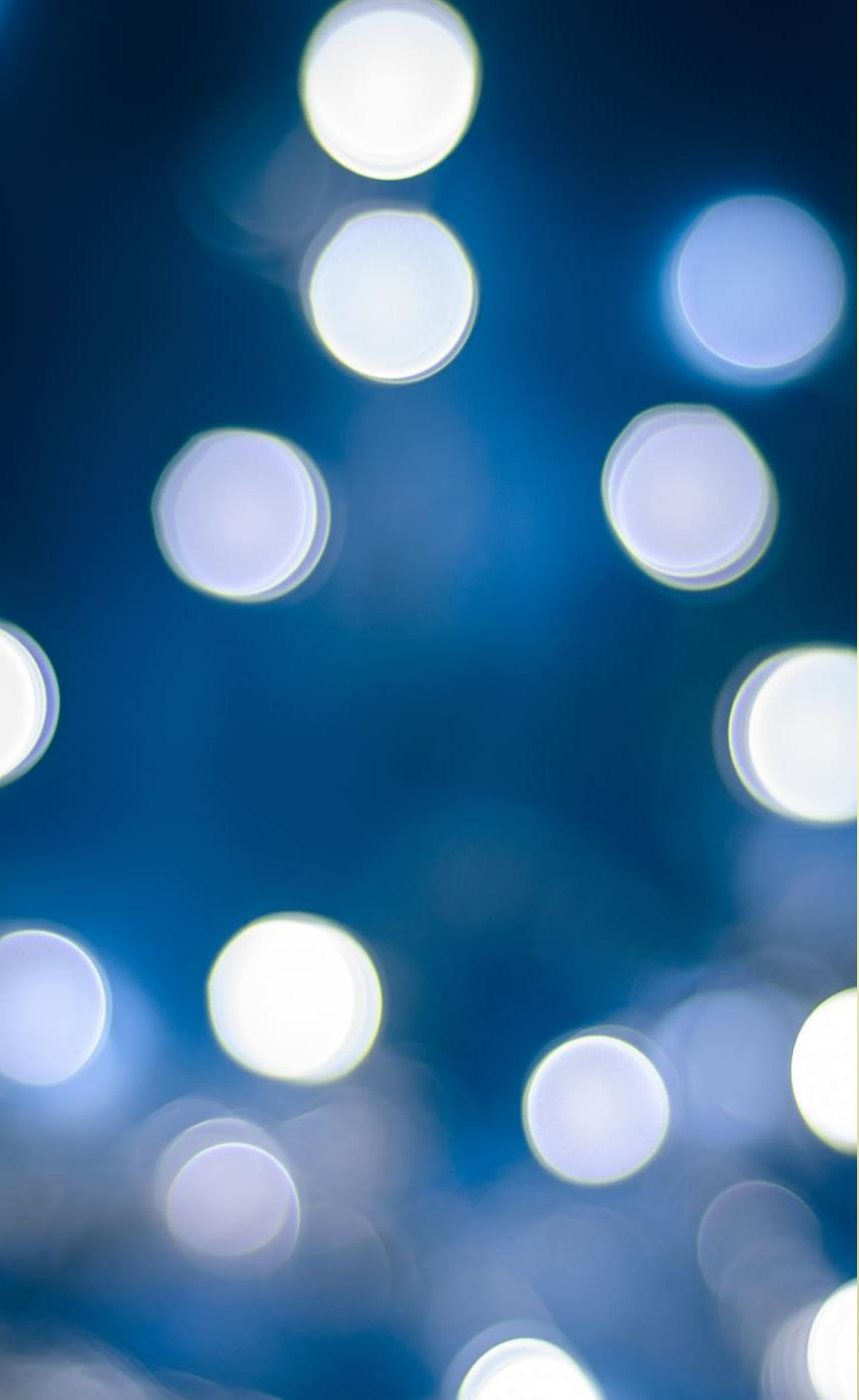


Duolingo/ Quizlet/ Studyclix are all popular websites for studying

Exam Skills

1. Timing (write the start time beside the question)
2. Read the full paper including instructions at the beginning
3. Highlight key words in questions
4. Plan answers where necessary
5. Leave space at the end of a question so if you think of something extra it can be added in
6. Leave time at the end to read over the paper
7. Remember everything written can be corrected so no tipex, just put an X through work.






How to cope with Stress and Anxiousness

***Stress** is the uncomfortable feeling you get when you are worried, scared, angry, frustrated or overwhelmed. It is caused by emotions, but it also affects your mood and body. It is normal to be stressed and is actually good for us when we can manage it.*

***Feeling Anxious** is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. The first day of school, going to a job interview, or giving a speech may cause most people to feel fearful and nervous.*



How do you cope when you feel anxious or stressed?

Rest	Make sure you are well rested
Talk	Talk to family/friends about how you feel
Express	Express emotions – draw, write, play music, dance!
Time out	Take time out – go outside and go for a walk , run, exercise!
Breathe	Practice breathing techniques
Meditate	Try some short meditation videos on You Tube.

Strategies for dealing with Stress and Anxiety

3 minute breathing space

<https://www.youtube.com/watch?v=w3Aol2CCsdo>

Grounding with the five senses

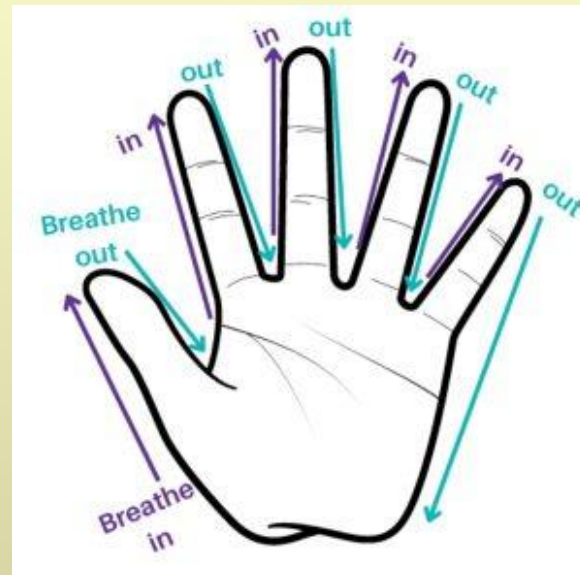

https://www.youtube.com/results?search_query=grounding+with+the+5+senses+

Hand breathing techniques

<https://www.youtube.com/watch?v=4BmcV--lpNY>

3-Minute Breathing Space

1. Awareness - Noting what you are feeling.
2. Redirecting- Bringing attention to the breath.
3. Expanding - Expanding awareness to include a sense of the whole body.



5 4 3 2 1 GROUNDING TECHNIQUE

5 you can see
e.g., sun, animal, chair, desk, laptop, pen

4 you can feel
e.g., feet on the floor, desk, pen, book

3 you can hear
e.g., clock ticking, wind blowing, peers talking

2 you can smell
e.g., food, perfume, fresh cut grass,

1 you can taste
e.g., breakfast, toothpaste, chewy gum

Questions

