

Welcome to Steps to Success Study Skills



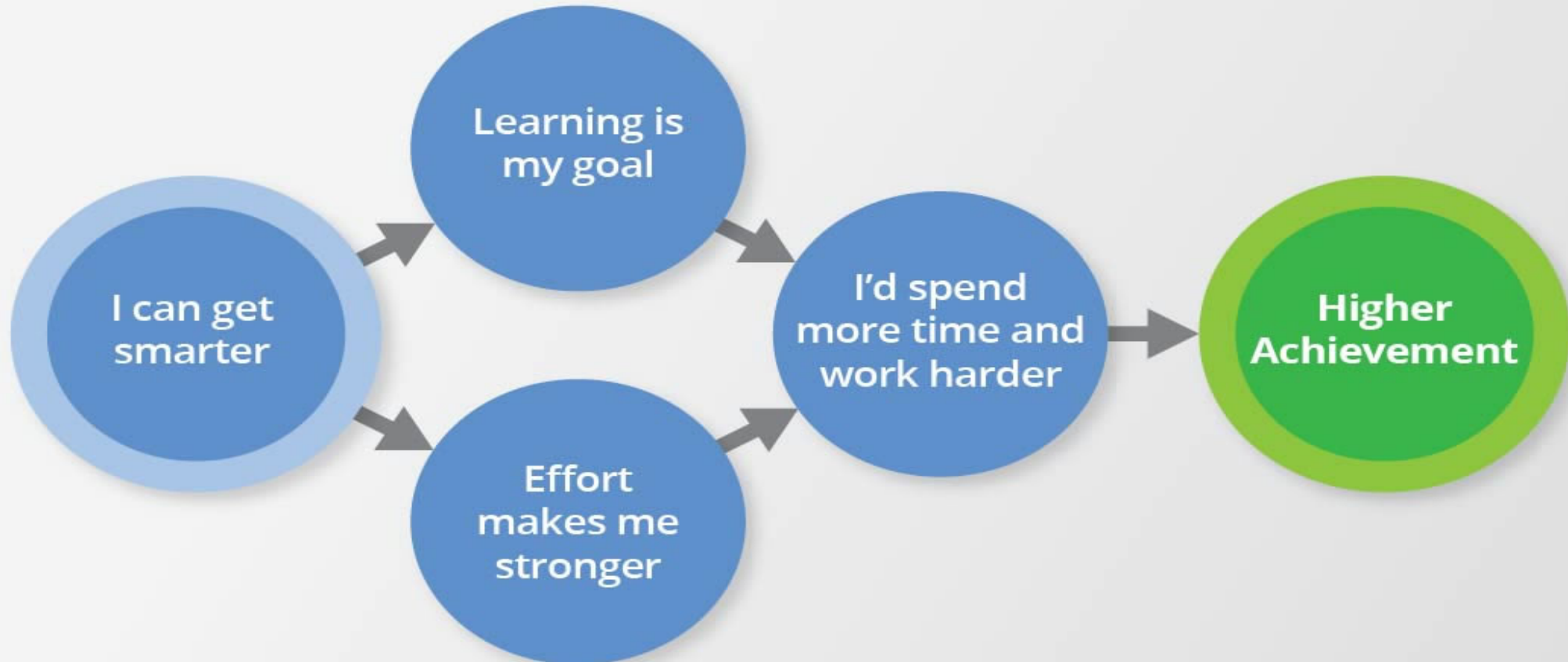
Brain plasticity

- Neuroscience has taught us:
- That the brain is malleable
- Experience leads to new connections in the brain forming.
- We can strengthen old connections.
- Revision builds the brain!



Growth Mindset

A Growth Mindset Drives Motivation and Achievement



How to develop a growth Mindset

- **Try different learning tactics.**
- **Replace the word “Failing” with the word “Learning.”**
- **Value the process over the end result.**



**IF YOU'RE NOT FAILING
YOU'RE NOT LEARNING**

Studying Environment

- **Desk/table**
- **Well lit area**
- **Silence or relaxing music**
- **No distractions – TV, Tablets, consoles etc..**
- **NO PHONES!!!**



Phones and learning

- **Brain research shows us we CANNOT multi-task!**
- **Studying whilst using phone is highly ineffective for the learning process!**
- **Each time you use phone it takes the brain 15 mins to re-engage properly with what you are studying.**



Phones lead to you being physically present but mentally pre-occupied!

Help to curb the phone addiction

Apps to help:

- **Offtime**
- **Moment**
- **Breakfree**
- **Flipd**

- Track how much time you are on your phone.
- Can use to block distracting apps
- Can set daily limits
- Can locks phone
- Leave phone downstairs!!
- Parents take phones away during study time



Getting down to studying

- **Break up study time into blocks and plan to have breaks – can use the Pomodoro technique**

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



Organising time (3 Hrs per day – 6 Pomodoros)

	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:30	Math Intervention	Travel Home	Physics intervention	Travel Home	Travel Home
3:30-4:30	Travel Home	English Lit	Travel home	English Lang	Sport studies
4:30-5:30	Physics	Chemistry	Math	Chemistry	RS
5:30-6:30	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-7:30	Biology	RS	Psychology	Geography	Basketball
7:30-8:30	Relax	Relax	Relax	Relax	Basketball
8:30-9:30	Relax	Relax	Relax	Relax	Relax

	Saturday	Sunday
8:00 – 9:00	Breakfast	Sleep
9:00 – 10:00	Football	Sleep/Food
10:00 – 11:00	Football	English Lang
11:00 – 12:00	Relax	Relax
12:00 – 1:00	Lunch	Biology
1:00 – 2:00	Geography	Lunch
2:00 – 3:00	Phone/Xbox	Sport studies
3:00 – 4:00	Psychology	Relax
4:00 – 5:00	English Lit	Relax
5:00 – 6:00	Relax	Relax
6:00 – 7:00	Relax	Relax
7:00 – 8:00	Relax	Relax
8:00 - 9:00	Relax	Relax

Understand how memory works

- Levels of processing:

- **Structural**

- **Shallow** - reading notes, copying out notes

- **Semantic**

- **Deep learning!** Needs to be active.

Active Revision Techniques

• Note crunching:

- Putting info into own words
- Condensing info
- Use pictures – our brain loves pictures!
- Can create mini booklet, cue cards, A3

- Marxists argue there is not a consensus there is an underlying **class conflict in society** as capitalism creates wealth inequality.
- Feminists argue there is a **gender conflict** as society is patriarchal.
- Society is **divided on the main goal** connected with to be in **EU** or not so no consensus!
- **Different cultural groups** in UK so no complete agreement on norms and values!
- Consensus is not relevant today!

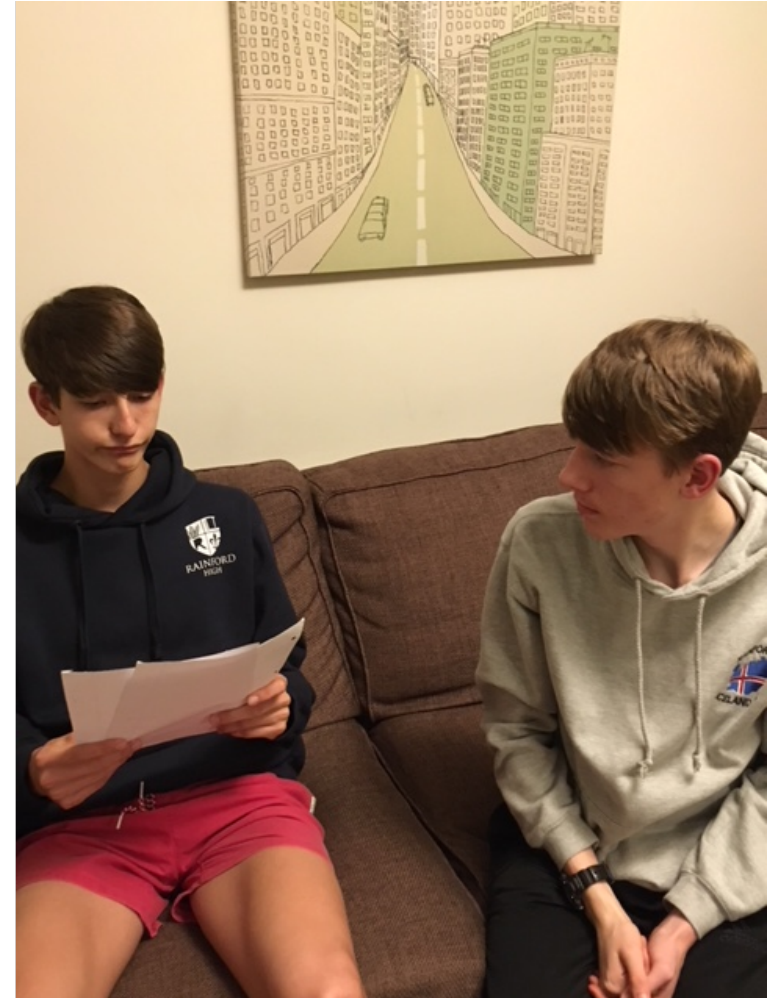


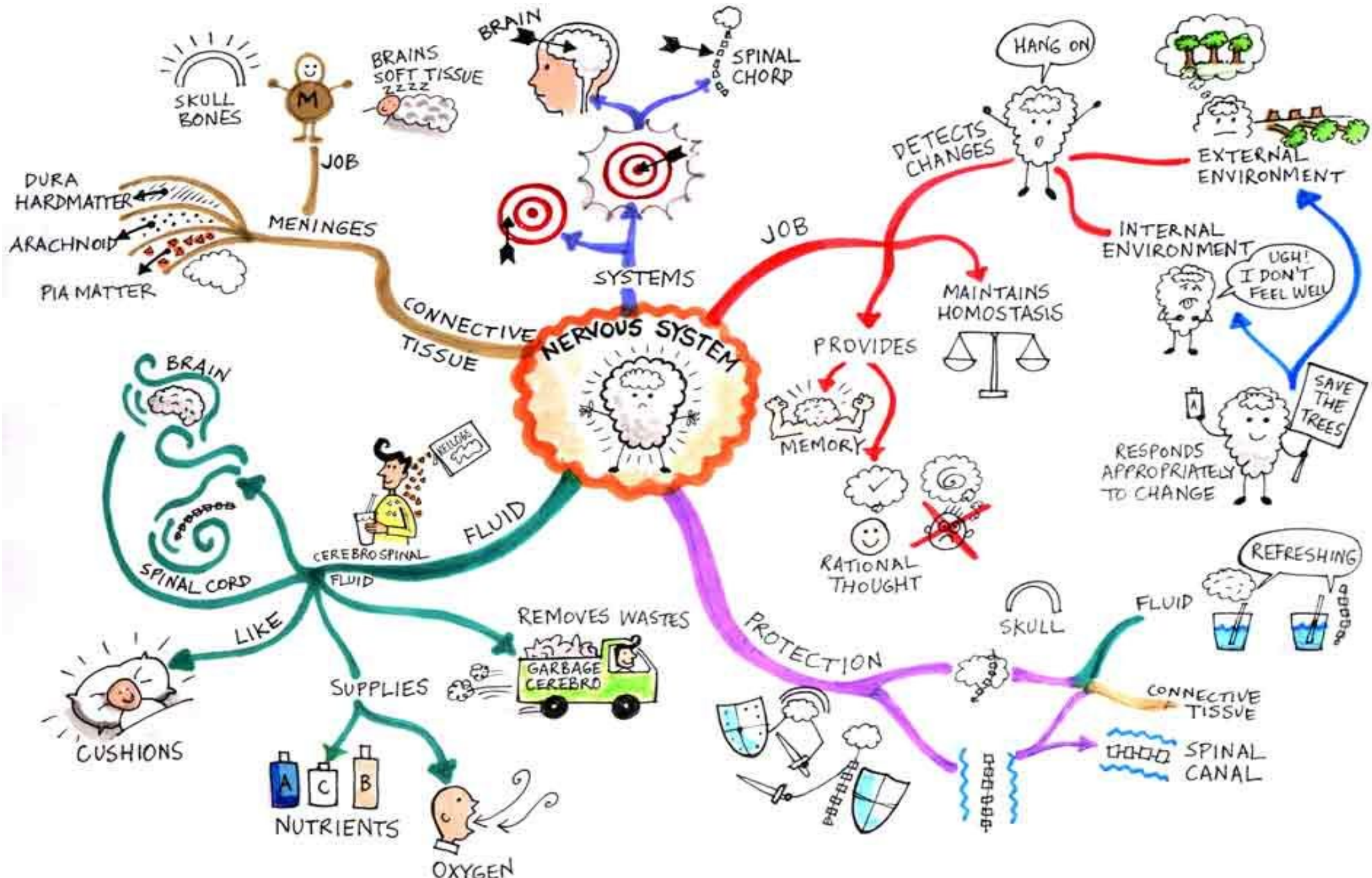
Religious
Conflict



Active Revision Techniques

- **Question & answers:**
 - Create your own Question and Answers
 - Great way to strengthen memory – needs topping up
 - Use them to revise
 - By yourself
 - With a friend
 - With a family member







Sleep Revision – U SCRIMPINESS

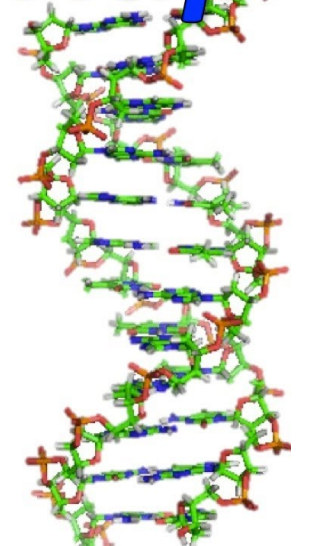
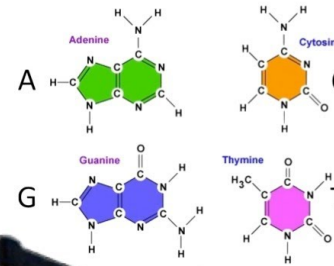
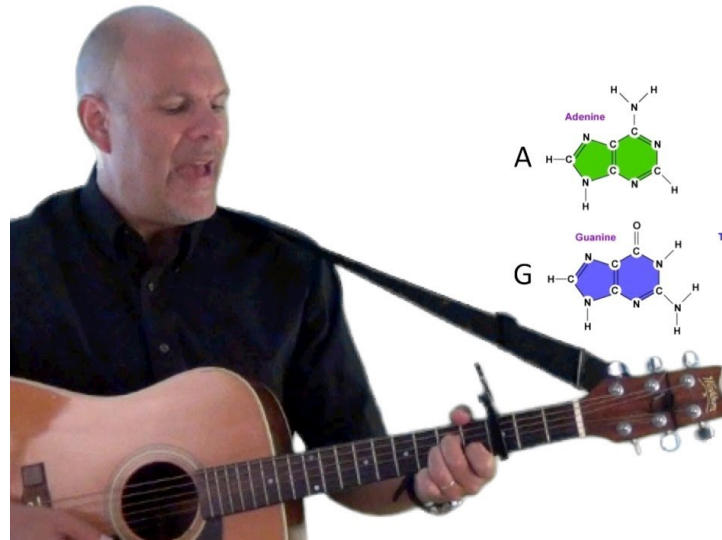
U	ultradian	<ul style="list-style-type: none"> How long does an ultradian bodily rhythm last? Give an example of an ultradian rhythm:
S	Stages of sleep	<ul style="list-style-type: none"> How many stages of sleep are there? REM usually occurs in which stages? Brief details about stage 1: Brief details about stage 2: Brief details about stage 3: Brief details about stage 4:
C	Circadian rhythm	<ul style="list-style-type: none"> How long does a circadian bodily rhythm last? = Give an example of a circadian rhythm =
R	REM	<ul style="list-style-type: none"> What are we doing during REM? How much REM do we have per night? What happens to muscles? What is sensory blockade? What is movement inhibition?
I	Internal influence	<ul style="list-style-type: none"> What part of the brain is responsible internally for the sleep/wake cycle? Beginning with S = Is it also known as the e_____ pacemaker (internal body clock). What animal was studied to support the idea that the SCN is the e_____ pacemaker? owl hamster in this study? What issue is there with this study being done on animals? Who did Miles study to support the idea of an internal body clock (endogenous pacemaker)?
M	Melatonin	<ul style="list-style-type: none"> Melatonin is a type of what beginning with H = Melatonin is produced in which gland? = P What makes melatonin increase? Melatonin makes us feel what? How could being on your phone late at night disturb your sleep?
P	Pineal gland	<ul style="list-style-type: none"> The pineal gland produces which hormone? = M

I	Insomnia (sleep disorder)	<ul style="list-style-type: none"> What is insomnia? Difference between acute and chronic? Symptoms = Causes of insomnia: <ol style="list-style-type: none"> Treatment for insomnia:
N	Narcolepsy (sleep disorder)	<ul style="list-style-type: none"> What is narcolepsy? Frequency of the condition? Symptoms of narcolepsy? Symptoms of narcolepsy: <ol style="list-style-type: none"> Treatment for narcolepsy:
E	External influences	<ul style="list-style-type: none"> Give one main external influence on the sleep/wake cycle = This is known as an exogenous z_____. What is entrainment? PA = What can you tell a night shift worker to aid their sleep?
S	Sleep cycle	<ul style="list-style-type: none"> What is the sleep cycle? How many sleep cycles do we go through a night? Approx. how long does each sleep cycle take? How much sleep does an adult need? How much sleep does a child need? Main functions of sleep = What is sleep deprivation? Negative impacts on the sleep/wake cycle: <ol style="list-style-type: none">
S	Siffre cave sleep study	<ul style="list-style-type: none"> Method = Sample = How long did he isolate himself from natural light and time? Impact on his mental health? What happened to his sleep/wake cycle? What does this suggest is needed to aid the circadian rhythm? Advantage of this study = Main issue with the study =

Active Revision Techniques

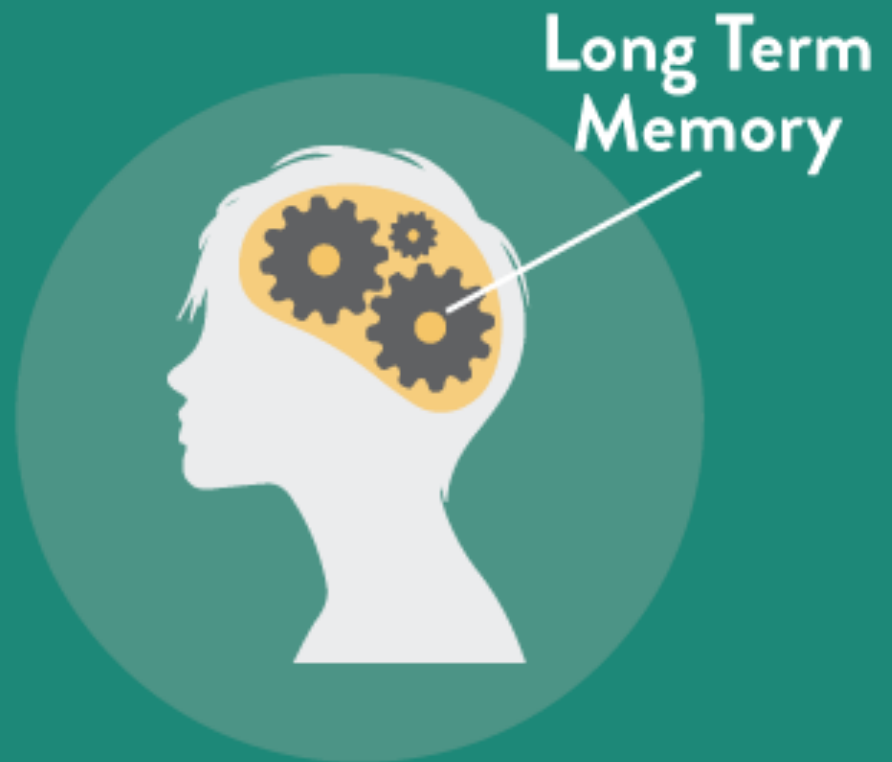
- Rhymes & songs

Mr. W's DNA Rap



<https://www.youtube.com/watch?v=wdhL-T6tQco>

Repetition Turns Short-Term To Long-Term



STUDENTS

PARENTS

COUNSELORS

Career Planning



Preparing for School



Paying for School



Self-Assessments



What Kind of Student Are You?

▶ **What's Your Learning Style?**

Which Study Habits Can You Improve?

How Strong Is Your Character?

Ask a Counselor



My Smart Borrowing



What's Your Learning Style? 20 Questions

1. What kind of book would you like to read for fun?

- A book with lots of pictures in it
- A book with lots of words in it
- A book with word searches or crossword puzzles



Question 1 of 20



SLEEP IS CRUCIAL!

- Teenagers need a minimum of 9 hrs sleep – many get only 7hrs so are sleep deprived!
- The brain finds it difficult to take in new information when tired!
- **Sleep is needed to create stable memories**
- **Sleep is needed to aid recall**
- **Without sleep the learning process will have limited impact.**



As a parent/guardian how can you help?

1. **Help to create a productive study environment at home.**
 2. **Get involved in helping them to organise their time.**
 3. **Limit phone/gaming to leisure time**
 4. **Value the process not the end result**
 5. **Test them using the Q and As**
 6. **Encourage them to try different revision strategies**
 7. **Make sure they get enough sleep**
- **Gumtree**
 - **Shpock**
 - **Facebook marketplace**



Do not become a revision zombie!! – Cognitive Overload!!

- **It is really important to not let your son/daughter overwork**
- **Can lead to mental health issues and stress!**
- **The brain doesn't process lots and lots of information very well!**
- **Create a time cut off time if they can't work out when enough is enough!**



Thank you for listening

- **And good luck!**
- **You can get through it!**

