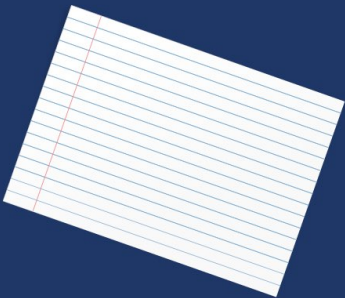
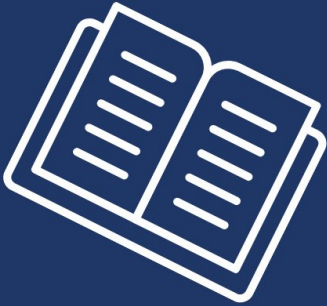


Park Mains High
School

Study Skills Masterclass

Revision Method Study
Pack



Revision Timetable

Creating a revision timetable is a great tool to help your time management + to ensure you cover all subjects consistently.

Look at an example below and use the template on the next page to create your own.



It's important that your timetable is realistic, otherwise you won't

stick to it.



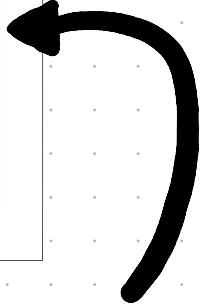
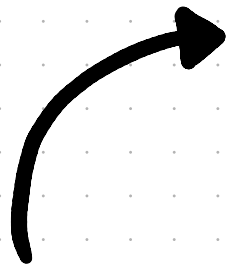
Ensure you cover all your subjects by making a checklist

Park Mains High School
S4 Study Skills Masterclass
Revision Timetable
 Name: _____

subjects

<input type="checkbox"/> English	<input type="checkbox"/> ICT	<input type="checkbox"/> ...
<input type="checkbox"/> ...	<input type="checkbox"/> ...	<input type="checkbox"/> ...
<input type="checkbox"/> maths	<input type="checkbox"/> Biology	<input type="checkbox"/> ...
<input type="checkbox"/> ...	<input type="checkbox"/> ...	<input type="checkbox"/> ...

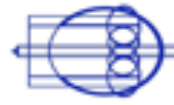
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.00 - 4.30	rest	rest	rest	rest	rest	English	Maths
4.30 - 5.00						English	Maths
5.00 - 5.30	German					rest	rest
5.30 - 6.00	break					ICT	French
6.00 - 6.30	dinner	dinner	dinner	dinner	dinner	dinner	dinner
6.30 - 7.00							
7.00 - 7.30	English	ICT	French	Maths	Physics		
7.30 - 8.00	break	break	break	break	break	Football	Football
8.00 - 8.30	Maths	Chemistry	English	Biology	English		
8.30 - 9.00							
9.00 - 9.30	shower	shower	shower	shower	shower	shower	shower
9.30 - 10.00	read	read	read	read	read	read	read



Break the timetable into 30-minute sections. This will help you cover everything + plan your evenings

Ensure that you block off time to relax, socialise and for any afterschool commitments you may have.

Park Mains High School
S4 Study Skills Masterclass
Revision Timetable
Name:



Subjects

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.00 - 4.30							
4.30 - 5.00							
5.00 - 5.30							
5.30 - 6.00							
6.00 - 6.30							
6.30 - 7.00							
7.00 - 7.30							
7.30 - 8.00							
8.00 - 8.30							
8.30 - 9.00							
9.00 - 9.30							
9.30 - 10.00							

Flash Cards

Flash cards are a quick and easy way to **test your knowledge** and **practise retrieval practice**

Creating the flash cards =>

Front

Analyse, 'We come from our own country in a red room which fell through the fields'

Back

T- word choice + metaphor
E- 'we come from our own country in a red room which fell through the fields'
A- word choice 'fell' = lack of control; 'own country' suggests belonging to Scotland; metaphor 'red room' = static, what she longs for

★ Note =>
This part should be **done using your notes** ★

On the front of the card, write down a **test question**

On the back of the card, write out **the answer**

Using the flash cards =>

Step 1

Analyse, 'We come from our own country in a red room which fell through the fields'

Read the question

Step 2



Answer out loud

Step 3

T- word choice + metaphor
E- 'we come from our own country in a red room which fell through the fields'
A- word choice 'fell' = lack of control; 'own country' suggests belonging to Scotland; metaphor 'red room' = static, what she longs for

Check your answer

Step 4 => Put the cards in 3 different piles: A) correct answer, B) nearly all correct or C) incorrect

Retrieval Practice

'Retrieval practice' is learning to deliberately recall information without notes.

Method 1 ⇒ Study cards



Study cards are a great tool for prompted information. For example, in English, you could put a quotation on one side and its analysis on the other.

Method 2 ⇒ Brain dump



Write down absolutely everything you remember about a topic. Then check your notes for what you missed + add it in a different coloured pen.

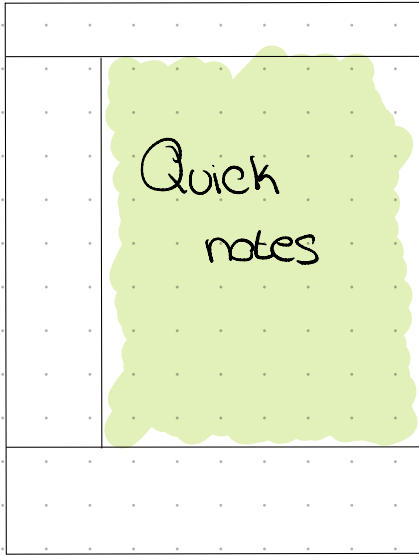
Method 3 ⇒ Quizzes



Use websites such as 'Kahoot!' or 'BBC Bitesize' to complete their quizzes. Practice regularly without your notes + gradually watch your scores improve.

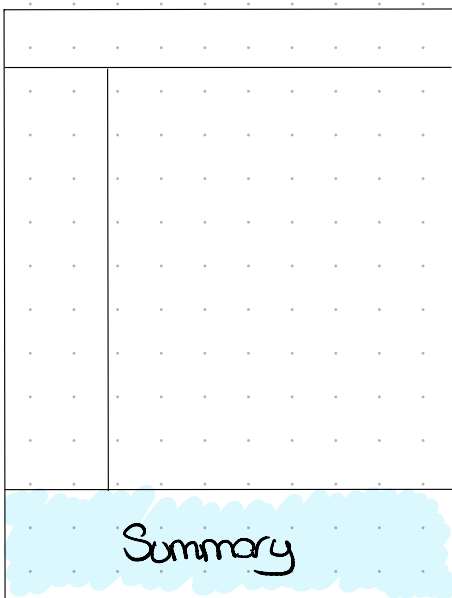
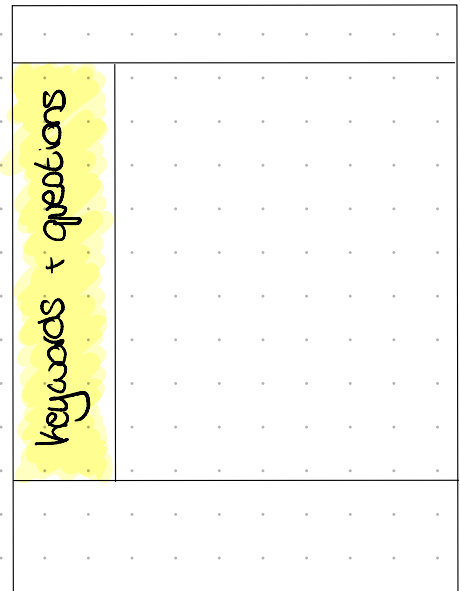
Cornell Notes

'Cornell Notes' is a note taking method that is scientifically proven to have excellent results for information retention.



Notes ⇒ The largest section of the page is used for your quick notes. These can be abbreviated and noted down at speed.

Keywords + Questions ⇒ the left column is used for you to write down the big + key points as you're learning, in addition to any questions you may want to look up.



Summary ⇒ The bottom section is where you summarise your notes briefly, after identifying the key points + the answers to any questions you had written down earlier.



Mind Mapping

A mind map is a **visual tool** that allows you to **condense whole topics into short notes** and images by adding branches to a central starting point.

For example...

Step 1 ⇒ Begin by picking one section of the course to use as your central starting point

Originally by
Carol Ann Duffy

analysis

key quotation
+ image to
associate with
it

Step 2 ⇒ Identify the key information within your chosen topic + begin creating branches to include this



'I remember my
tongue shedding its
skin like a snake'

simile ⇒ just as

a snake sheds its
skin when they outgrow
it, so too is Duffy
losing her Scottish accent.
This suggests she is
adapting to her surroundings

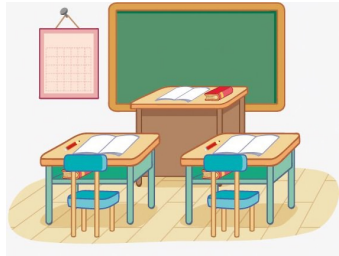
★ Tip ⇒ put your
mind maps around your
home where you'll see +
read them frequently



Spaced Practice

'Spaced practice' is when you spread out your studying methods over time in order to get the most long-term retention

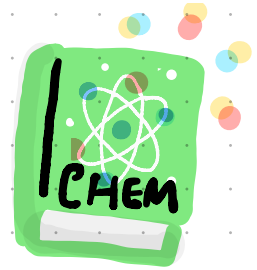
The method =>



Step 1 =>
lesson



Step 2 =>
break



Step 3 =>
review

Put into practice, it looks like this =>

Monday	=>	lesson
Tuesday	=>	revise
Wednesday	=>	lesson
Thursday	=>	revise
Friday	=>	lesson
Saturday	=>	revise
Sunday	=>	revise

Remember:
make sure
you go over older
material too,
this will
be key!

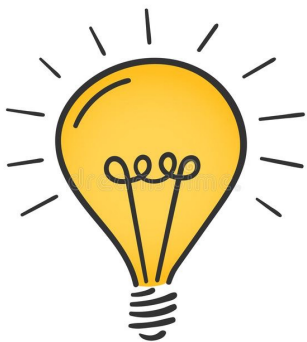
Concrete Examples

'Concrete examples' is when you use model exemplars your teacher has shown you, collate them together and identify the link between the exemplars, and the idea you are studying.



Step 1 ⇒ Access your class materials via the Teams group. Download + print any exemplars shared with you.

Step 2 ⇒ Scanning each one, identify what traits they have in common to understand the skill behind them.



Step 3 ⇒ Once you have done this, make your own examples. Share this knowledge with friends to help support one another.

Group Study

There are many reasons why studying in a group can be effective...

1) Share notes and resources



2) Keep each other on track



3) Test one another



4) Become the teacher =>

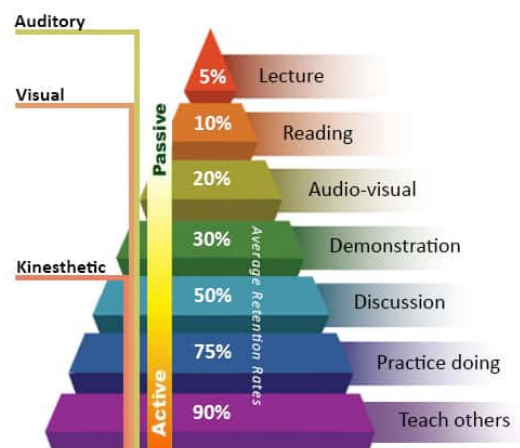


By taking on the teaching role, you are consolidating your own learning. This is proven to be one of the most effective revision methods. In order to be the teacher, you must understand the materials thoroughly yourself.

Retention Rates

- By discussing information in your group your retention rate is 50%, compared to only 10% by just reading information.

- By teaching others, your retention rate is an incredible 90%!



Adapted from the NTL Institute of Applied Behavioral Science Learning Pyramid

Time and Stress Management

Time management ⇒ Create a revision timetable using the template earlier in this pack. This will help you manage your time effectively to ensure you cover all material.

Stress management ⇒ It's easy to get overwhelmed during exam season, it's important to remember this is normal and you're not alone! Try some of the following...

Speak to a teacher, friend or family member

Mindfulness colouring!
Some sheets are attached.

Breathing techniques - try apps like 'calm' to help

Exercise!
This will help you sleep better.

Carve out time for your hobbies!

Write a reflection journal

Be positive!
Write down 3 things that are going well.

Break everything down into manageable chunks.

Practise yoga or meditation





