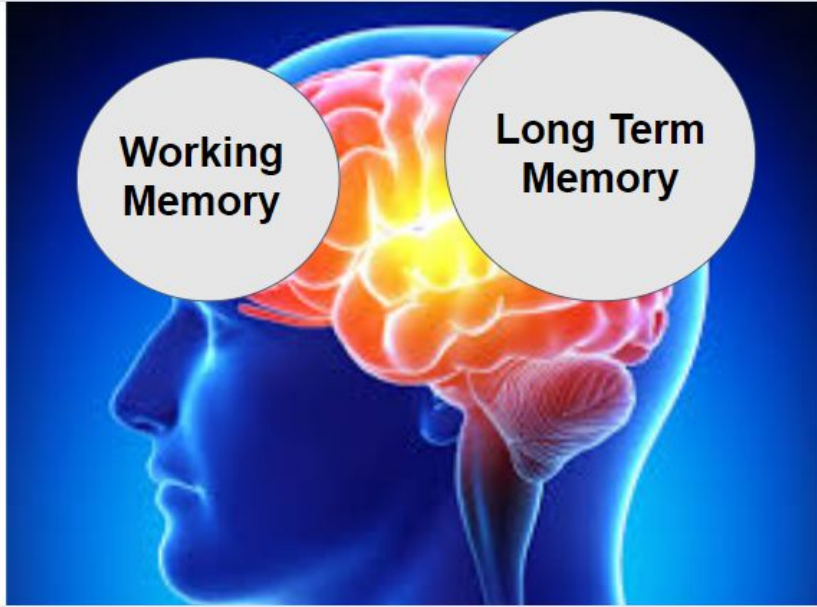


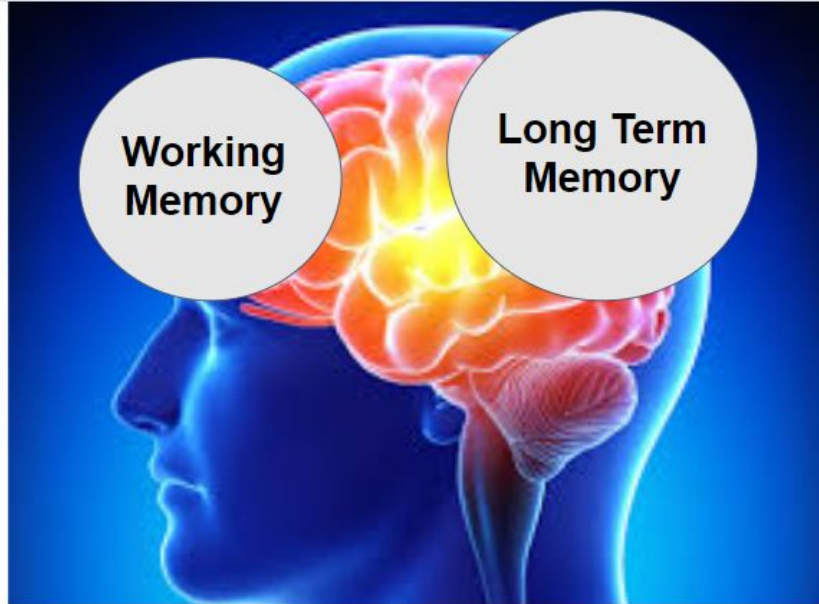


Study

Your Memory



- There are two parts to our memory
- The first part is your short term memory or 'working memory'. We use our working memory for day to day thinking, solving problems and we only hold thoughts here for a short amount of time
- Our long term memory contains the information we know really well. Our working memory grabs information from our long term memory when we need it. If we do not memorise information, our working memory soon forgets it



- Our working memory is quite small and cannot store all the information we need it to. If we try to store too much information in our working memory it becomes overloaded and this can affect our ability to think clearly
- Learning only takes place when information is stored in our long term memory
- The more times you bring information to mind the more chance it has of being stored in your long term memory
- Bringing information to mind is called retrieval practice. Retrieval practice is an important part of your study at Broadland

Types of study:

Study tasks are specific tasks set by classroom teachers. They could include for example: a piece of writing, answering a series of questions, producing a design or a series of tasks for those subjects choosing to set an extended study task.

Independent study is completed by you in a self managed way. It could include for example, reading a book, revising a specific topic, memorisation using a knowledge organiser or other learning using online programmes such as Quizlet.

The main purpose of independent study is to allow you to consolidate learning that takes place in the classroom. This will help you to move the information into your long term memory.

Your study plan

Key stage 3

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
20 minutes	Reading	Independent Study - Maths	Reading	Independent Study - Maths	Reading
20 minutes	Independent Study - History	Independent Study - Geography	Independent Study - REP	Independent Study - Science	Independent Study - MFL
20 minutes	Study Tasks	Study Tasks	Study Tasks	Study Tasks	Study Tasks

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
20 minutes	Reading	Independent Study - Maths	Reading	Independent Study - Maths	Reading
20 minutes	Independent Study - History	Independent Study - Geography	Independent Study - Computing	Independent Study - Science	Independent Study - MFL
20 minutes	Study Tasks	Study Tasks	Study Tasks	Study Tasks	Study Tasks

Your study plan

Key stage 4

	Monday	Tuesday	Wednesday	Thursday	Friday
30 minutes	Independent Study - Maths	Independent Study - English	Independent Study - Science	Independent Study - Maths	Independent Study - English
30 minutes	Independent Study - Option 1	Independent Study - Option 2	Independent Study - Option 3	Independent Study - Option 4	Independent Study - Science
30 minutes	Study Tasks	Study Tasks	Study Tasks	Study Tasks	Study Tasks



Key stage 3

- Use knowledge organiser booklets for independent study
- Keep them in your plastic wallet and bring them to school each day (even previous half term booklets)
- Record your study in your green exercise books

Key stage 4

- Use knowledge organisers, notes and revision guides for independent study
- Make sure you have suitable resources with you each day for study
- Green exercise books are available for you if you would like them to support with your study

Recording your study

Monday 4 th September – Sunday 10 th September 2019					Week 1	
Independent study completed this week:			Technique used:	Study tasks this week:	Date due:	Done:
Mon	Reading	<i>Chapter 1 of new book</i>	<i>Silent</i>	<i>Art. learn the colour wheel - draw it from memory</i>	<i>14th Sept</i>	
	History	<i>History key terms</i>	<i>Read, cover write, check</i>			
Tue	Maths	<i>Algebra questions</i>	<i>MvMaths</i>			
	Geography	<i>Geography key terms</i>	<i>Flash cards</i>			
Wed	Reading	<i>Half of chapter 2, pages 13-19</i>	<i>Out loud to Mum</i>			
	REP					

Five easy methods to use when studying:

Simply reading your notes, knowledge organisers or revision guides is not effective studying. Use the five methods on the next slides to test yourself and ensure you are doing active studying - this is called retrieval practice

10 Minute Challenge

You have 10 minutes. Write down everything you can remember about a topic that you studied recently. You can write or draw or use a combination words and pictures. Use at least one page in your study exercise books to do this.

Then check this against your notes from your knowledge organisers, your exercise book for that subject, a revision guide or other materials. What did you remember about this topic and what did you forget? Make a note at the end of your original notes what you need to work on because it's not quite in your long term memory yet.

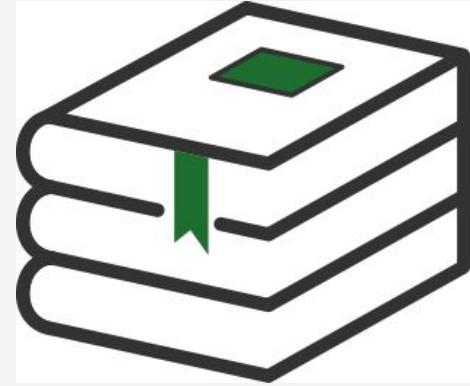


STUDY

Read, Cover, Write, Check

Write down each of the keywords from one of the boxes from your knowledge organiser. Leave a line between each word. Do not write the definitions, just the words. Now close your knowledge organiser and from memory write down the definition for each word next to where you have written it.

Then check which definitions you got wrong or couldn't remember. Underneath your first attempt, write out the words you got wrong without the definitions. Come back to them at later and try again (the next night for example).

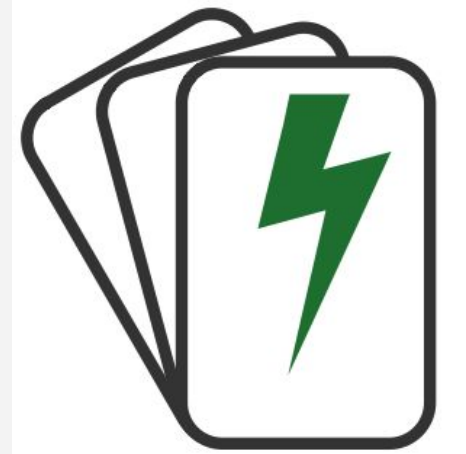


STUDY

Flashcards

On one side of a flash card write down the key word and on the other the definition. Create a flash card for each keyword.

Now use your cards to test either yourself or a partner (parents could test you too). If you cannot recall what the word or definition is, ask your partner to tell you and then pop that card in a separate pile. The cards you put to one side with the phrases you could not remember should be looked at again before the end of your study session. You should also start your next study session with these cards.



STUDY

Explain It!

Pick a topic or a concept and attempt to explain it fully to someone. This person could be a parent, teacher, sibling or even the dog!

If you're explaining it to a person ask them if they understand your explanation. If you're not explaining it to a person you'll probably be able to work out how well you can explain it when you hear yourself. Check back in your notes to see if you explained it with enough detail. Then perhaps try to explain it again.

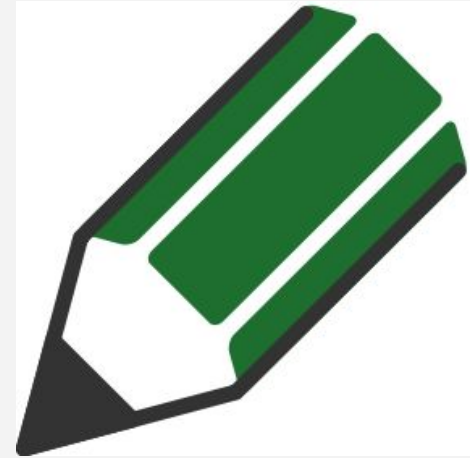


STUDY

Draw It!

Combining words with diagrams or pictures is called dual coding and it can help strengthen our memories. Pick a topic, concept or mini topic and try and create a diagram to represent it. It could be a Venn diagram, spider diagram, mind map, flow diagram or a before and after chart.

You could try creating the diagram using your notes or revision guides the first time and then try doing it just from memory next time.



STUDY