

# Senior Information Evening

**27<sup>th</sup> August 2026**

**Study Skills**



**Work Hard Be Kind**



# Study Skills

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Inclusion Teacher

0.2 PT Support for Learning

# Study Skills

- Well-being Strategies
- Organising time
- Retrieval Practice
- Exam Vocabulary



# Well-being

- **Eat** – please don't neglect this during the exam time. Try and stay consistent with a healthy balance of meals, snacks and hydration.
- **Exercise** – Take regular breaks – Take part in a sport you enjoy, go to the gym, go for a walk. Make sure you include some physical activity in your day if you can.
- **Sleep** – Try and have a consistent sleep routine. Try and stay off your phone late at night to ensure you can settle to sleep.
- **Relax** – Take regular breaks. It is important to have some down time – Tv, read, talk to friends, phone time, computer time. [Pomodoro Technique](#)

# Time Management

- **Timetabling** - Routine helps – Create a revision timetable that helps you complete your revision. Look across your week and fit around your clubs etc.
- –What time do you get in from school each day?
- –How much homework do you get in a normal week?
- –When do you eat your dinner and how long does this take up in your evening?
- –What hobbies do you have and how much time does this take up from leaving the house to coming home?
- –What day at the weekend do you want off?
- –What time do you want to stop/go to bed?

# Example of Timetable

|               | Monday                                                                                                                                                                                                                                                                                                                                 | Tuesday  | Wednesday | Thursday | Friday    | Saturday     | Sunday  |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----------|----------|-----------|--------------|---------|
| 08:00 - 10:00 | <b>At School</b> <ul style="list-style-type: none"> <li>If you get a bus/lift to school it can be useful to use this time to do quick revision for 10 mins.</li> <li>Take a picture of your study notes and if on the bus/in car you can glance at them.</li> <li>This would be subject(s) you are needing to work on more.</li> </ul> |          |           |          |           |              | Day off |
| 10:00 - 11:00 |                                                                                                                                                                                                                                                                                                                                        |          |           |          |           |              |         |
| 11:00 - 12:00 |                                                                                                                                                                                                                                                                                                                                        |          |           |          |           | Homework     |         |
| 12:00 - 13:00 |                                                                                                                                                                                                                                                                                                                                        |          |           |          |           | History      |         |
| 13:00 - 14:00 |                                                                                                                                                                                                                                                                                                                                        |          |           |          |           |              |         |
| 14:00 - 15:00 |                                                                                                                                                                                                                                                                                                                                        |          |           |          |           | Visit family |         |
| 15:00 - 16:00 |                                                                                                                                                                                                                                                                                                                                        |          |           |          |           |              |         |
| 16:00 - 17:00 | Homework                                                                                                                                                                                                                                                                                                                               | Dinner   | Homework  | Homework | Night Off |              |         |
| 17:00 - 18:00 | Dinner                                                                                                                                                                                                                                                                                                                                 | History  | PE        | Dinner   |           |              |         |
| 18:00 - 19:00 | Football                                                                                                                                                                                                                                                                                                                               | PE       | History   | Football |           | English      |         |
| 19:00 - 20:00 |                                                                                                                                                                                                                                                                                                                                        | Homework | Dinner    |          |           | Biology      |         |
| 20:00 - 21:00 |                                                                                                                                                                                                                                                                                                                                        | English  | Maths     |          |           |              |         |
| 21:00 - 22:00 | Maths                                                                                                                                                                                                                                                                                                                                  |          |           | Biology  |           |              |         |
| 22:00 - 23:00 | Bedtime                                                                                                                                                                                                                                                                                                                                |          |           |          |           |              |         |

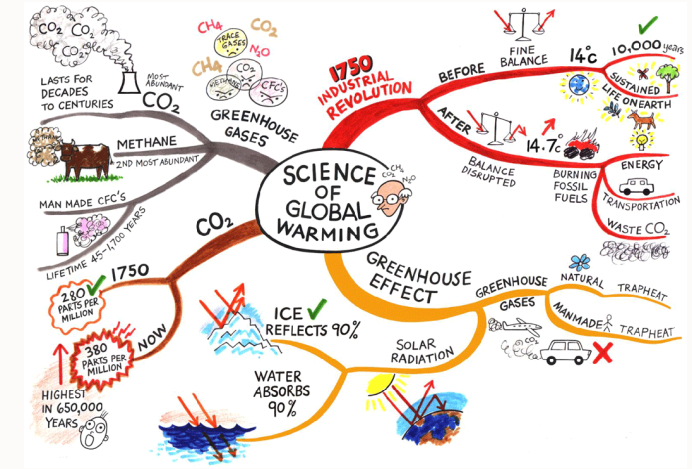
# Time Management

- **Interleaving**
- Interleaving is a process where you mix & combine multiple subjects & topics while you study in order to improve your learning.
- Interleaving has been shown to be more effective than blocked practice leading to better long-term retention.
- Each week change the order of the subjects and as you revise you may get better at the subject you were most worried about so may need to study another subject more.
- When revising a subject do not study in the order you were taught it, the exam will not be in order of how you have been taught. So why study in order?



# Revision Techniques

- Flash cards
- Past Papers
- Mind maps
- Self Quizzing
- Study with a friend
- Post its
- Dual Coding – use words and images
- Topic Revision posters
- Read, write, cover, check

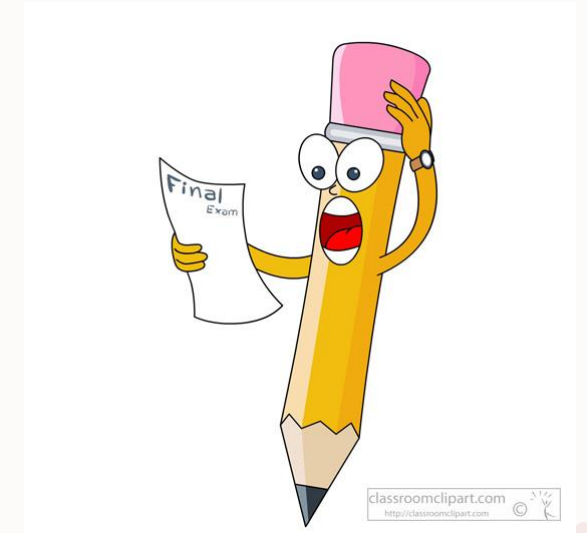




# Retrieval Practice – learning strategy

where we focus on getting information out. This strengthens long term retention of information.

- Quizzes with family/carers/friends
- Talk it out – with or without someone there.
- Summarise key content – stop and jot.
- Timed Past Papers



# Exam Vocabulary

- Analyse – Examine something in detail and try to explain it or interpret it.
- Annotate – Add to a diagram, image or piece of text to illustrate or describe features rather than just identify them which is labelling.
- Assess – Consider different options/arguments/factors and weigh them up to reach a conclusion about their effectiveness or validity.
- Calculate – Work out the value of something.
- Compare – Give a point by point identification of similarities and differences.
- Define – This means what is meant by....give the precise meaning of a term or concept.
- Describe – Provide an account in detail of an event/ individual/concept.
- Discuss – Set out both sides of the argument and reach a conclusion, including evidence.
- Evaluate – Consider different options/ factors and reach a conclusion about their importance/ impact/value/worth.
- Examine – Consider carefully and provide a detailed account of the topic.

# Exam Vocabulary

- Explain – Provide a detailed description or interpretation of a term/ concept etc.
- Identify – Point out and name from a number of possibilities.
- Illustrate – Refer to a specific case study or example (not illustrate as in draw)
- Label – Point out specific features on a diagram . Image or piece of text.
- Justify – Explain why your selected choice/judgement is better than other options.
- Summarise - Sum up the main points/ arguments. This can be similar to outline.