

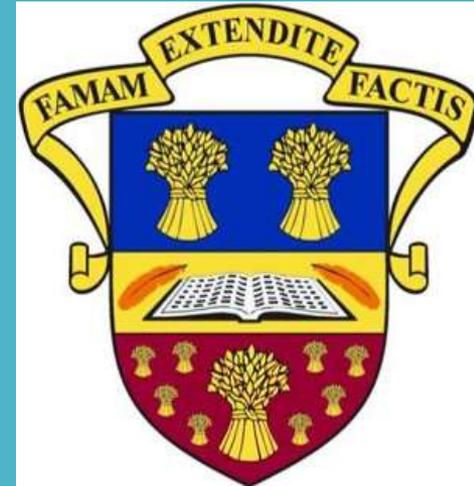
Ellon Academy Supporting Study

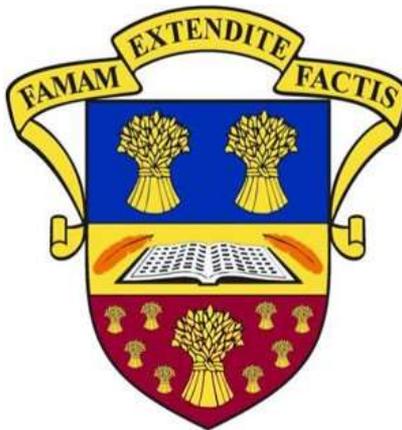
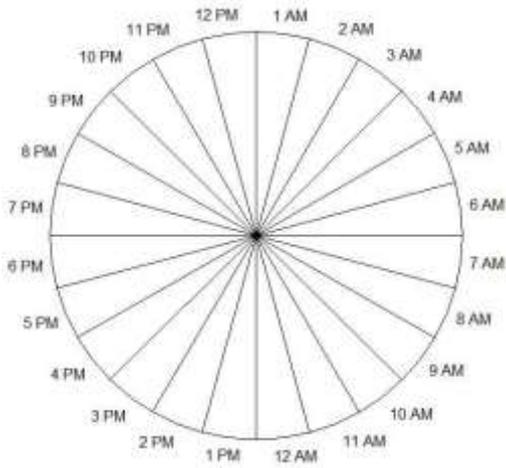
Study tips

Advice

Resources

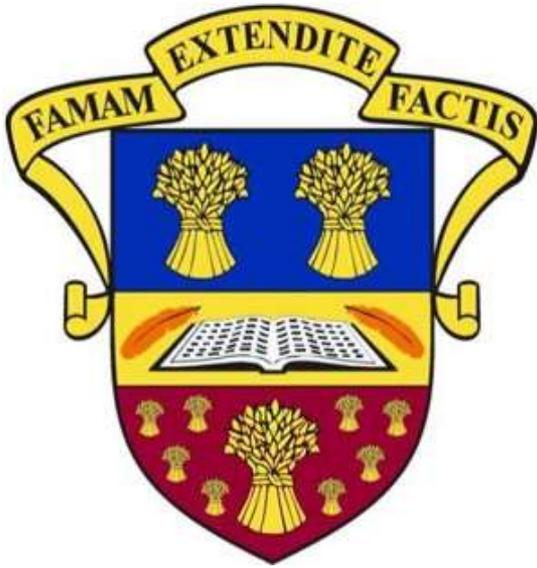
<https://ellonacademy.aberdeenshire.sch.uk/parent-zone/>





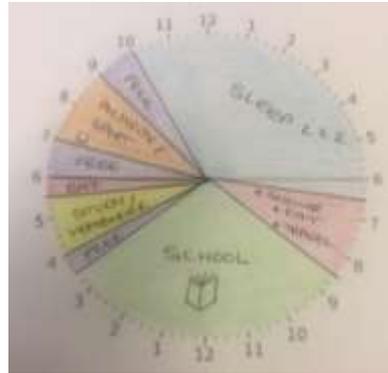
Time

- When does your young person/you sleep, eat, work/school, hobbies etc.
- Is there still time for study?



Wellbeing

- Sleep – 8hrs
- Balanced diet
- Study/homework time
- Free time
- Extracurricular activity

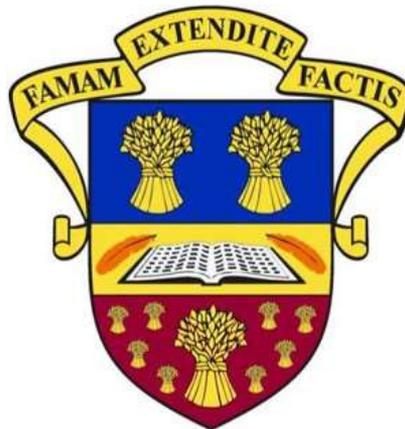


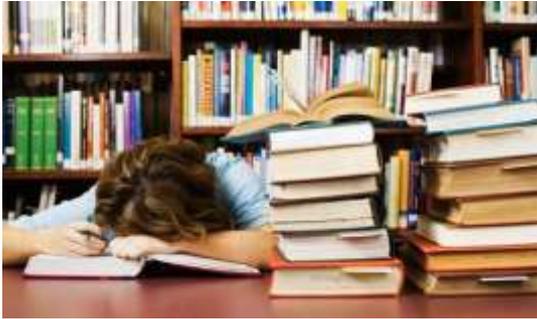
Suggestions...

- Nat 5 - 2 hours per subject, per week
- H - 3 hours per subject, per week
- Fixed times that you know about - Sporting activities, clubs, work etc.
- Keep Friday evening and all day Saturday FREE!
- Plan for the week on Sunday



DO NOT
STUDY HARD,
STUDY SMART.





Study in chunks

- 25-40 minutes with 5/10 minute break
- Reward at end of study session



Weekly Study Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							

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Time - Planner

- We suggest that your young person takes advantage of using a study planner
- Ellon Academy has created a basis template for pupils to use
- This can be accessed on our website – follow the link below:

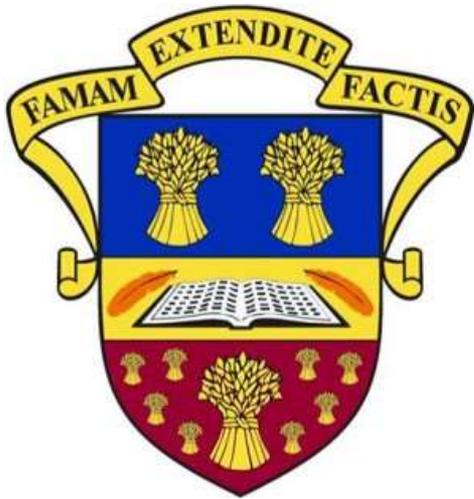


<https://getrevising.co.uk/planner>



Here is a link to another style of planner

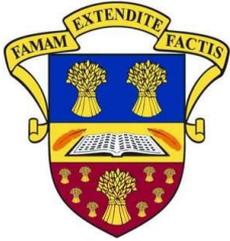
STUDY (verb.)
- Texting, eating, &
watching TV with an
open textbook nearby.



Environment

- Context for study
- Not necessarily a bedroom
- Study groups
- Technology isn't always good...
- Young people are “*Masters of Illusion and Multi – tasking*”!





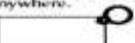
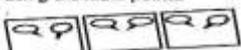
Active Study

“The more active you are in your learning, the more effective you will be.”

Study Less, Study Smart

Marty Lobdell 2011

Learning/Revision Techniques

<p>Map It Create a mind map of the key points.</p> 	<p>Journey It Remember lists of information by creating events and images at certain points on a journey.</p> 	<p>Index It Transfer the key points to index cards. Test yourself!</p> 
<p>Story It Create a weird and multi-sensory story using the key points.</p> 	<p>Mnemonic It Use the first letter of key words to create a sentence. Eg - <i>S</i>lightly <i>H</i>igher <i>S</i>peed <i>W</i>ater</p> 	<p>Click It Create a presentation about the key points.</p> 
<p>Flip It Write questions and answers and flip it anywhere.</p> 	<p>Timeline It A great technique for dates or sequences - place them in order along a line, then add lots of colour and pictures. 1004 1075 1081</p> 	<p>Sing It Set some of your work to some familiar music. You can also rhyme the words or create a rap.</p> 
<p>Record It Use your mobile to record yourself explaining the key points and play it back regularly.</p> 	<p>Post It Write key words on to post its and stick them around your room.</p> 	<p>Comic It Create your own comic strip using the main points.</p> 

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Create a Revision Resource

Use one of our tools to create a great revision resource. Not only does the process of making your resource help you to learn but re-using it and testing yourself helps too. You can also share your resource with others to help them learn.

Pick a tool to get started



Create your Study Planner
Organise your revision for any deadline or exam. Tell us what you're studying and when you're free to revise. We'll plan out your timetable to help you get those grades.

[Go!](#)



Flashcards
Create small cards with questions on the front, answers on the back.

[?](#) [Go!](#)



Revision Cards
Break topics into manageable chunks to make them easier to learn (A5 size).

[?](#) [Go!](#)



Revision notes
Share detailed notes on a topic.

[?](#) [Go!](#)



Quizzes
Create fun, educational quizzes to test yourself and friends.

[?](#) [Go!](#)



Mindmaps
Create a diagram to chart the relationships within a topic.

[?](#) [Go!](#)



Crosswords
Create fun crosswords for when you need a break from intense revision.

[?](#) [Go!](#)



Organise your thinking
Analyse the key elements of topic.

[?](#) [Go!](#)



Quizsearches
Create a unique combination of a quiz and a wordsearch.

[?](#) [Go!](#)

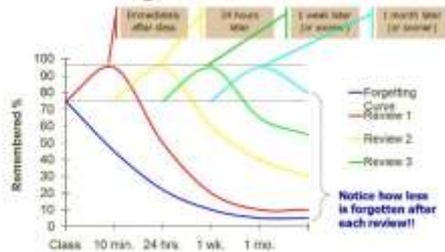


Shared resources
Share educational notes, presentations, websites, videos and podcasts.

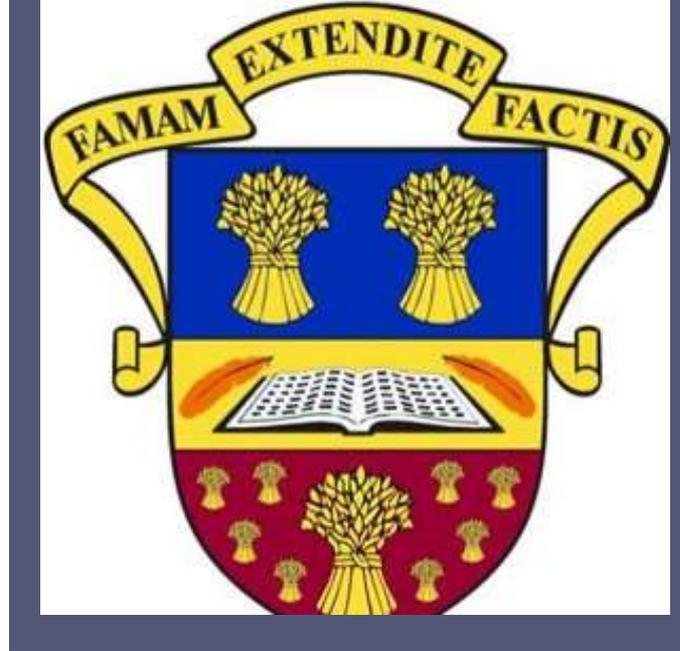
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Theory of forgetting...

Overcoming the Curve



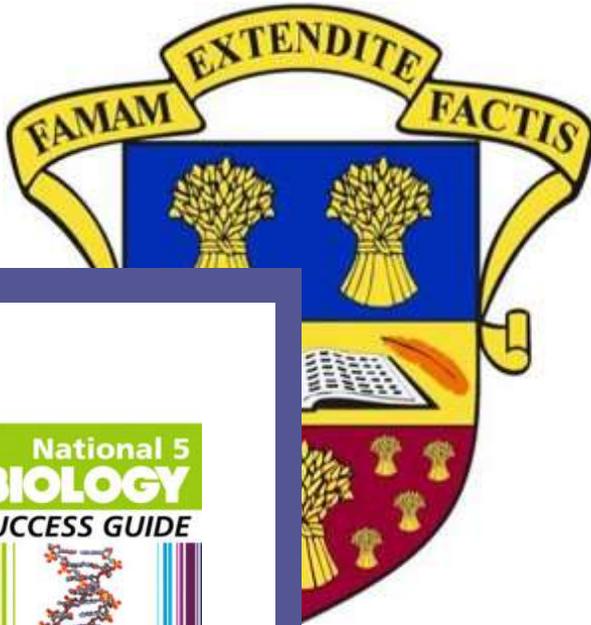
- There is virtually no limit to the amount of information you can remember – ‘long term’ memory
- But we can only remember a handful of things in our ‘short term’ memory



Top tips

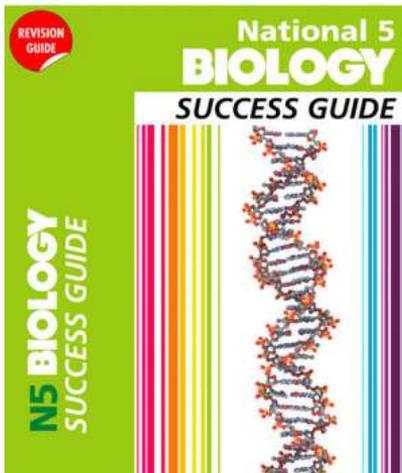
- Weekly/topic summaries
- Consolidation questions
- Highlighting
- Colour coded post it notes around your room
- Speak to your teachers...they don't bite!





Help is at hand

Leckie & Leckie
Scotland's leading educational publishers



Online

- GLOW and Teams
- SQA past papers
- SCHOLAR
- BBC Bitesize
- [National Parent Forum for Scotland](#)
- "National 5: Revision in a Nutshell"
- ESgoil

Text

- Hodder and Gibson, 'How to Pass'
- Leckie and Leckie, 'Success Guides'
- Bright Red Study Guides



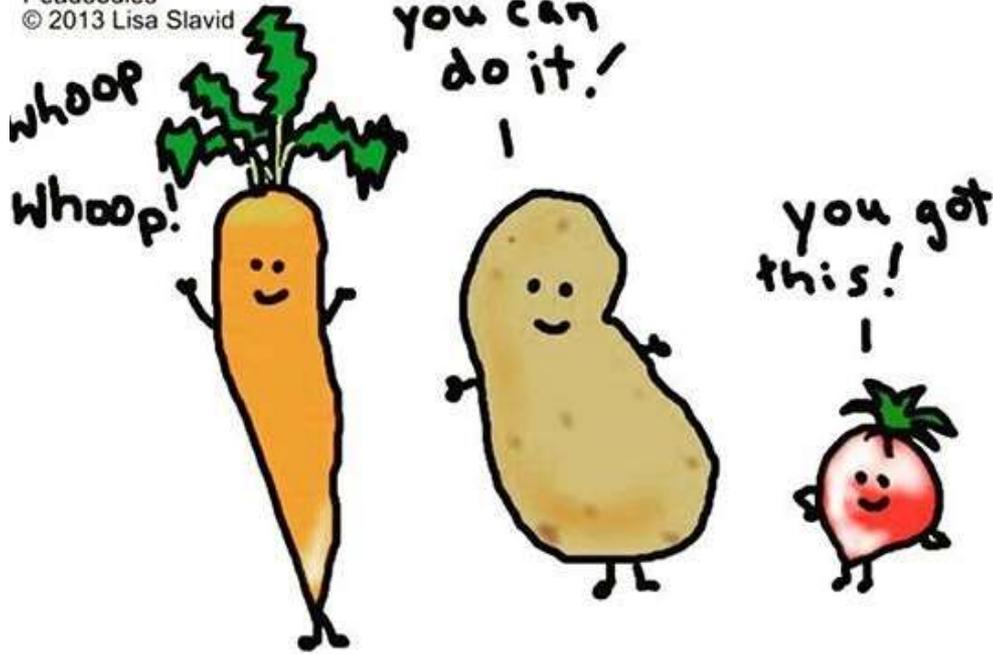


If they feel like giving up...

- Make sure they are eating properly
- Make sure they get enough sleep
- Set goals jointly
- Proof read / Go over study cards
- Encourage / Be positive
- Talk about their day/show them you care
- Sometime it's just about being there!



Peadoodles
© 2013 Lisa Slavid



totally rooting for you

Good luck!

This is not an easy road, but it's one worth travelling.

Click on the link below for all of our support info:

<https://ellonacademy.aberdeenshire.sch.uk/parent-zone/>