Study Skills Seminar

Presented by
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study
(verb)
The act of texting, eating and watching TV with an open textbook nearby.
What is study?

• Review current day’s work
• Go over work from past topics to keep it fresh
• Practise skills required for a subject
Why study?

The curve of forgetting!
Cognitive Load Theory

- Tells us there is short term memory and long term memory

- Learned information MUST go through short term memory for processing before it becomes long term memory

- Not all information in short term memory will go to long term memory – it has to make sense to the person learning it – and this may take time
Cognitive Load Theory

• Short term memory has limited space – once full, new things push out old things

• Once in long term memory the information can be retrieved even after a long period of time
• Why
• When
• How much
• Where
• What
• How
Why Study

• Ultimately you will study to do as well as you can at school;

• the patterns you set now will help you at uni or TAFE should you go on to further studies.
Why Study

- Set some goals:
  - What job appeals to you?
  - Do you want to go to university?
  - If so, which one?
  - Do you want to do a trade?
  - If so, which one?

- What is needed to reach your goal
Getting organised – when should I study?

• Prioritise – make a list of all that you do on each day eg work, sport trainings, sport games, music lessons, favourite TV shows, time with friends to hang out, bed time, wake up time

• Make a time table so you can see what time is available and do you need to prioritise some activities? (see example from word)
Have a go at making a time table
How much should I study?

• There is no hard and fast rule
• In the junior years, a large part of study is establishing work habits and self discipline
• By the senior years, study is vital for the HSC
• As a rough guide:

<table>
<thead>
<tr>
<th>YEAR</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 and 8</td>
<td>45 minutes to 1 hour, 4 days per week (4h/wk)</td>
</tr>
<tr>
<td>9 and 10</td>
<td>45 minutes to 1.5 hours, 4 days per week (5h/wk)</td>
</tr>
<tr>
<td>11 and 12</td>
<td>1-3 hours per night and 3 hours per day on the weekend</td>
</tr>
</tbody>
</table>
Where should I study?

• Ideally a quiet space where all your “things” can be laid out and easily accessed and organised.

• Frequently a bedroom, but can be anywhere.

• NOT in the living room with the TV on, the phone next to you.

• Music? Some like to have music playing, others don’t – you must decide if it’s a distraction or a helpful way to tune out other distractions.
Making the most of study time

• Turn off the phone/ipod so you aren’t receiving messages – your friends will still be there after you’ve finished

• Have a break every 40 minutes for 5 minutes – get up, move around, look into the distance (you should do this every 10-15 minutes)

• Sit in an ergonomic chair (if possible) or at least a chair and table allowing good posture
Making the most of study time

• Keep well and healthy

• Exercise, eat well, sleep regularly

• Remove technology from rooms at night to avoid sleep interruptions

• Watching TV and using devices late into the evening can upset melatonin levels that help sleep,
Getting organised – what should I study?

• Assessments/assignments

• Regular homework

• Revision and study of each subject fairly - NOT just the ones you like!
Getting organised – what should I study?

- Consider:
  - a white board to map out times and dates
  - Placing assignment due dates on the calendar with reminders
  - Organisation apps for electronic devices
  - Homework diary
What do I do if there are no set tasks

• Read/summarise your day’s lessons
• Mathletics - all junior students have a password
• Read widely – novels, newspapers, blogs, science by email, maths and stats by emails
• Watch documentaries Eg “Catalyst”, David Attenborough
• Listen to podcasts eg Karl Kruzelnicki – Dr Karl on the ABC Radio
• Do puzzles eg crosswords, Ken Ken, Sudokus
• Keep a journal
How's your English paper coming?

Good. I'm four-fifths done.

I cleared off my desk, made coffee, sharpened my pencils, and adjusted my chair so it doesn't wobble.

How about the actual writing?

That's the final fifth.

Sigh.

Actually, make that a sixth. I also woke up from my nap.
Why don’t we have enough time to study?

During the year we have 365 days to study. Out of them 52 are Sundays so that leaves us with 313 days. During spring due to the good weather it’s hard to concentrate on homework. Minus 50 days. Now 263 days left. Usually a person sleeps 8 hours which is 122 days in total. Now only 141 days left to study. All of us spend at least 1 hour doing something we like (hobbies), that’s minus another 15 days. 126 days left. Every day we spend at least 2 hours eating. minus 30 days, 96 days left to study. During the year, 90 days out of it we spend outside. That leaves us with 6 days. Every person is sick at least 3 times a year, minus another 3 days. Everyone who has a pet at home spends 20 minutes feeding or walking the animal. Which is 2 days. That leaves us with 1 day and that’s our birthday!

now you understand why don’t we have enough time to study?
How do I study?

• Activity is the key!

• Passively reading notes is very inefficient – with just 20% retention after reading

• Here are some ideas to try, but first consider: What sort of a learner are you?
  • Visual?
  • Auditory?
  • Kinaesthetic?
  • A mixture?
What sort of learner are you?
Study ideas

• Active reading (Auditory and kinaesthetic)
• Reading out loud and recording your voice to replay (Auditory learners)
• Summarising and chunking (visual and auditory)
• Study cards (visual, auditory, kinaesthetic)
• Topic maps and diagrams (visual)
• Mnemonics eg NESW (Never Eat Soggy Weetbix) – (auditory)
How to summarise

• Note taking/summarizing
  - Highlight
  - 2 column method
  - Mind maps
  - Concept maps
  - Palm cards
  - Bullet points
  - Charts & other graphic organisers
  - A vocabulary list of commonly used words... Make a Wordle
  - Maths or science concept dictionaries
  - Fact sheets and charts displayed on a wall.
  - Timelines of events with notes
The goal of summarising

• Take in the information

• Understand it

• Retell it or present it in our own words

• Be a reminder for later
Take in the information

• Need to read and understand first
• Try a KWL strategy:

• **Before you read:** What do you already know? What would you like to know?

• **Read** What are the MAIN IDEAS?

• **Reread** and begin to highlight main ideas and the crucial details which support them.

• **After reading** : answer your questions, and add other points you may not have considered
Understand it

• Are there any words you don’t understand?

• Underline them, list them and find definitions

• Can you put what you’ve read in your own words? Try explaining what you’ve to someone
Summarising

Now take notes:

• Use as few words as possible – do not write out full sentences.

• Use abbreviations.

• Keep lots of space on the page

• Use different ways to record the notes.
Summary presentation

• Maybe words (2 column method, GRASP)

• Maybe visual – concept or topic map

• May be auditory - a recording of a retelling
2 Column Method

• Draw a line down a sheet of paper, with one-third of the page on the left and two-thirds of the page on the right.

• Write the main idea of each paragraph on the left side.

• List details on the right side of the page.

• The two-column note-taking method visually separates information into main ideas and details.
<table>
<thead>
<tr>
<th>Key Words</th>
<th>Notes</th>
<th>Pictures</th>
</tr>
</thead>
</table>
| Paris     | - Prince of Troy, son of King Priam.  
           - Judged beauty contest  
           - Chose Aphrodite  
           - Won Helen of Sparta | ![Who Do I pick?](image1)  
Aphrodite, Athena, Hera |
| Eris      | - Goddess of discord  
           - Not invited to wedding of Peleus + Thetis  
           - Started fight amongst goddesses by throwing apple for the prettiest | ![Eris](image2) |
| Helen     | - Wife of Menelaus, Sparta  
           - Promised to Paris  
           - Brought to Troy by Paris  
           - Fought over in Trojan War | ![I'm married](image3) |
Graphic organizers

• Can be used to visualize and organize information.

• Make it easy to classify ideas

• Allowing students to examine relationships

• Allow students to organize essential concepts and ideas
Concept maps

- A concept map is a visual.
- Engage students in answering questions such as, "What is it? What is it like? What are some examples?"

- Graphically illustrate relationships between two or more concepts and are linked by words that describe their relationship.
Build a Concept Map

Start with a main idea or issue to focus on.

Determine the key concepts within this main idea rank them from most important to less so.

Connecting concepts--creating linking phrases and words
Once the basic links between the concepts are created, add cross-links, which connect concepts in different areas of the map.
Causes of WWI

- Growth of Colonies
- Arms Race
- Nationalism
- Preparation for War

Sub-causes:
- Investment in Navies
- New weapons
- Alliance system
Mind Maps

• Another graphic organiser
• Not hierarchical
• Tend to focus on a concept of topic with subordinate concepts notes AROUND the central point.
• Allow students to easily recall information & remember links
• Help students take notes and plan tasks
Piano

• Derived from Harpsichord
• Invented in 1731

Famous composers

• Liszt
• Tchaikovsky

Used in

• Jazz
• Orchestral
• Popular Music
Useful sites

- www.readingrockets.org
- http://beyondpenguins.ehe.osu.edu
- www.enotes.com/how-write-summary
- http://www.ldonline.org/indepth/study
- http://www.tools4noobs.com/
- www.inspiration.com
Using the Student Portal

- The student portal is your doorway to the internet and all the resources you need to study.
Using the Student Portal

• Every time you go to the internet, go to your portal first.


• You can organise websites, use the calendar for upcoming assignments/exams, send emails and access the school libraries.
The student portal looks like this:
Passsswords

• You can change your INTERNET password on your portal page – but you should always keep it the same as your school network log-on password.

  eg Your school network log-on password is *sparklytrousers*.
  Your internet password is *sparklytrousers*.
  When one expires, make it *sparklytrousers1*, and change the other also to *sparkly trousers1*. 
Check emails for messages:

- about your password
- from teachers
- from the DEC

Use emails to:

- hand in work
- ask for help
- work with your friends
- email work to and from yourself
- register with websites
Creating a Links List

• Create a link list for each subject
• Re-name each Links List box to identify the contents
• Add a link to the PHS website – this has copies of student handbooks and assessment policies & schedules.
• Check for upcoming events
• Links to research sites
Timetable

- Fill in your timetable so you will never lose it
- Update if TT changes
- Print
- Add timeslots for extra-curricular activities
Using the calendar

- Add events including exams, assessments, study times, training, excursions.
- Print out if necessary.
- See it as a list
Accessing the library catalogue

- Access the catalogue from home so you know what resources are here.
- Create a link to Parkes Shire Library to check their resources.
Wordle and other tips

• The information research process.

• Web 2.0 tools for the IFRP:

http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/LRRView/10457/index.htm?Signature=(22db00b2-8d7a-48a6-87eb-eed6584ec2f2)
**Wordle**

Wordle creates ‘word clouds’ and is both a great way to summarise a large piece of text to see if it is relevant, or to present what you have learned showing the most important points.

It is also fun to play with! [http://www.wordle.net/](http://www.wordle.net/)

Another word cloud creator is **Tagxedo**. It can turn your word clouds into recognisable shape. [http://www.tagxedo.com/](http://www.tagxedo.com/)
Handy websites

- www.dec.nsw.gov.au/students/high-school/
- www.how-to-study.com/
- http://www.drkarl.com/home/