

Study Skill: Understanding How you Learn

Week 1:

TASK 1:

1. How do you currently revise?
2. What makes you learn something well?

3 minutes to discuss and answer these questions

TASK 2:

Watch the video and list 3 effective revision strategies:

[Revision: Memory hacks and tips - BBC Bitesize](#)

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Week 2:

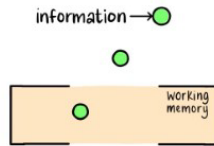
The Forgetting Pit



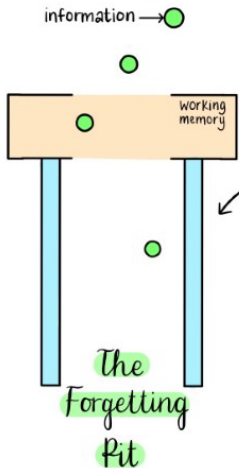
Paying attention & thinking



- You learn by paying attention to information and THINKING about it.
- When you pay attention to information, it enters your working memory.



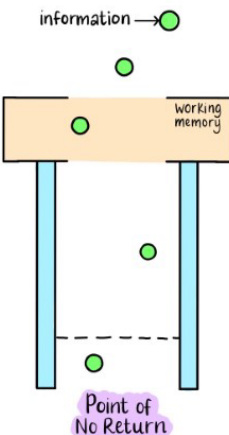
Working memory is where THINKING happens



- However, working memory is limited in terms of how much information it can hold and how long it can hold it.
- Information doesn't stay in working memory for long.
- Instead, it quickly moves into the Forgetting Pit.

The Forgetting Pit is an alternative way to think about your LONG-TERM MEMORY → unlimited capacity

EVERYTHING we pay attention to falls into the Forgetting Pit. However, not everything that goes into this pit is forgotten.



The Point of No Return

- Information can be said to be 'forgotten' if it can't be brought back out of the Forgetting Pit into working memory, despite prompts and reminders.
- The reason it can't be brought out is because it has fallen too far down the pit to be retrieved. It has fallen past the 'Point of No Return.'

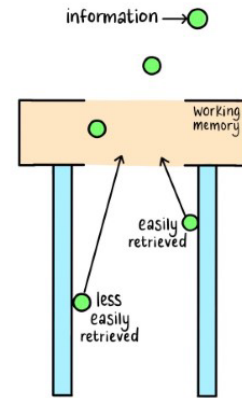
Sticky Information



Thankfully, some of the information you pay attention to sticks to the walls of the Forgetting Pit. This is

* learning *

The better 'stuck' to the wall something is, the better it is learned. Information which has been learned (that is, stuck to the wall) can be retrieved.



How easily retrieved information is depends on how far down the pit it has gone. The further down the pit something is, the more difficult it is to retrieve.

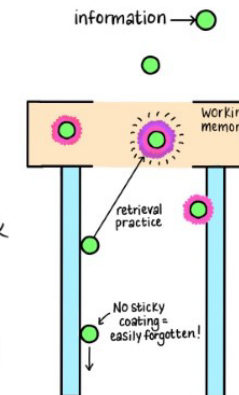
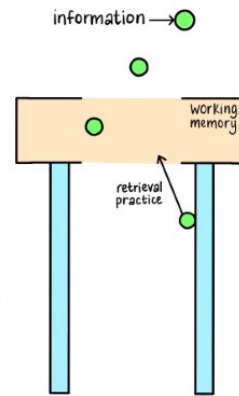
One of the laws of learning is that we tend to forget.

With a few exceptions, everything we have learned is moving down the Forgetting Pit.

What this means is that we can learn something well ~ it can stick tightly to the walls ~ but over time, because it is sliding down, it is less easy to retrieve than it was.

What makes information sticky?

- Information sticks to the walls of the Forgetting Pit because of the sticky COATING it is given in working memory.
- This sticky coating is added when you THINK about information in working memory. If you don't think about it, it doesn't get a sticky coating!
- When you RETRIEVE a piece of information, you bring it back into your working memory. Every time you do this, the stickier the coating becomes!
- When this retrieval practice is spaced out over periods of time, the coating gets stickier and stickier.



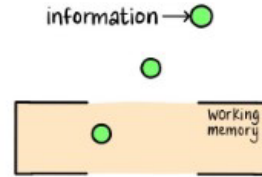
The Forgetting Pit



Answer the questions
10 minutes

Task 4

① What happens in your working memory?

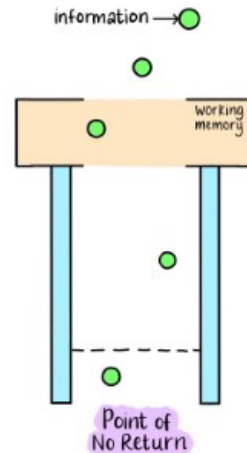


② What does STAR listening stand for?

③ Why is STAR listening important for learning?

④ What is the Forgetting Pit another name for?

⑤ Explain what is meant by the 'Point of No Return'.



Self Assess

1. Working memory is where thinking happens. When you pay attention to something, it enters your working memory.
2. S – stop, sit-up & silence, T – track the speaker, A – ask and answer questions in full sentences, R – ready to learn.
3. STAR listening helps you to pay attention. If you are paying attention, it is more likely that the new knowledge will be entering your working memory.
4. Long-term memory.
5. If a piece of information passes the ‘point of no return’, it has been forgotten.
6. 6. The further down the forgetting pit a piece of information is, the more difficult it is to retrieve.
7. 7. The sticky coating is added when you THINK about a piece of information in working memory.
8. 8. When you retrieve a piece of information from the forgetting pit, the coating around it becomes stickier.

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Week 3: Retrieval Practice

Retrieval Practice is a really effective revision tool.

Retrieving something from our memories makes it easier to recall in the future. Practising this regularly helps cement information in your long-term memory, and makes the links stronger under pressure – a benefit that comes in handy in situations such as exams!

TASK:

Choose a topic of your choice and have a go at each strategy.

Brain Dump

- Recall and 'dump' everything you can remember about a topic from memory.
- Organise/categorise your brain dump. Use your knowledge organiser or revision guide to check if you've missed any key bits of information.



Look-cover-write-check

- Read a section from your knowledge organiser or revision guide. Cover it up. Now write down what you can remember.
- Check your notes against your knowledge organiser or revision guide. Use a purple pen to correct/add notes.



Self-quiz

- Choose a section from your knowledge organiser or revision guide. Create some questions to test your knowledge.
- From memory, answer the questions. Once completed, use a purple pen to correct or add notes.



Topic Summary

- Choose a section from your knowledge organiser or revision guide. Summarise this into three sentences.
- Reduce this again to one sentence.



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Week 4: Revision Timetable

<https://www.bbc.co.uk/bitesize/articles/zn3497h#zq2nf82>

TASK 5:

Watch the video and list 3 tips for an effective revision timetable:

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WEEKLY REVISION PLANNER								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM-4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM-10AM	BREAKFAST/SHOWER	BREAKFAST/SHOWER
4PM-5PM	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	10AM-11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM-6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM-1PM	SEEING FRIENDS/ LUNCH	SPORT/ LUNCH
6PM-7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM-3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM-8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM-5PM	OUT WITH FAMILY	SPORT/ TV/ GAMING
8PM-9PM	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	6PM-8PM	DINNER/ FREE TIME	DINNER/ FREE TIME

Why do we need to create a revision timetable?

- ✓ To avoid a last minute rush the week / night before
- ✓ To set up a routine and discipline yourself
- ✓ To share revision time between subjects
- ✓ To keep up with your revision
- ✓ To spread out your revision
- ✓ To get the right balance between revision and leisure time
- ✓ To avoid wasting time trying to decide what to do for each revision session

Organise your revision time

- ❑ Balancing studying with the fun stuff in life can be difficult. Revising can get in the way of everything from meeting friends to relaxing after school.
- ❑ Building a revision plan helps you manage your time more effectively. It gives you a clear idea of what subjects and topics you'll be revising each day and helps you organise your studies around your life.

What makes a good revision plan?

A good revision plan should be:

- ☐ Realistic: everyone has good intentions, but be careful not to set a plan you can't stick to. Nobody can do 12 hours of revision a day.
- ☐ Detailed: a good plan breaks revision into chunks, specifies times for studying and assigns each time to a subject or topic.
- ☐ Flexible: some topics are difficult and may take you longer than you planned. Don't be afraid to adjust your plan accordingly.

How to create your revision timetable

- Get all the information you need - this includes your exam dates, lesson timetable, shifts at work and when you're meeting your friends.
- Block out the times you can't study - be realistic, if you're not going to work before 10am on a Sunday block that time out.
- No time like the present - pin down a day to get started (I know you have all started weeks ago but for the timetable) and think about your revision priorities. Some subjects and topics will take longer than others.
- Plot your revision sessions - decide how much time you're going to spend on each topic and schedule in breaks.
- Display your plan - a plan is no good if you don't check it. Print it out and put it on your wall so that you can remind yourself what you're studying and when.
- Pick carefully – if you are revising several subjects in a day (weekend/half term) then ensure you start the day's revision with your least favourite subject of the ones you are to revise in that day.