

# *Success in the Senior Phase*



*Empowering Respectful Learners*

# The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



Discipline



@sylviaaduckworth

# Develop Good Habits



Create a space for revising that is **distraction free**.

Find a quiet, tidy room with minimal distractions – your bedroom, library or classroom.

Put your revision timetable, exam timetable and other documents visible on your wall

Make sure you have a drink and snack with you, staying hydrated and full is important



Put your phone in another room, it is too much of a distraction -

Loud music is a distraction, if you must listen, it needs to be low tempo, without lyrics

Have all your revision materials and stationary on your desk ready to go - make it obvious

# Develop Good Habits



**Put that phone away!**

Phones are brilliant for almost everything... but not for study.

Research has shown they have a negative impact on revision and learning.



Having your phone out reduces concentration, impacting working memory



It impacts on your sleep, especially the bright lights & distractions.



It produces FOMO (Fear of Missing Out) which reduces your motivation to revise



Having revision apps on your phone increases the chance of going on others

# *Develop Good Habits*



**Sleep your way to success.**

Research shows that sleep duration and sleep quality can improve memory and recall, helps concentrations, aids creativity and allows you to think clearer.

- Have a regular bed time
- Wind down for sleep
- Avoid distractions



# Develop Good Habits



Good habits are important to help you be successful. The soon you start to develop these, the better.

Make it Obvious



Make it Attractive



Make it Easy



Make it Rewarding



# *Know Your Resources*



1. Look back at your class notes and class work - you will have similar questions in here to follow.
2. Search the internet for additional course notes.
3. Use other online resources - SQA Past Papers, YouTube, OneNote, Teams, ACHIEVE etc.
4. Ask a friend or family member.
5. Post questions on your class Teams or contact your teacher.
6. Attend Study Support and Masterclasses
7. Purchase an SQA approved study guide

# *The Science of Learning*



*Learning* is a change in your long-term memory.

“Whatever you think about, that’s what you remember.  
Memory is the residue of thought”

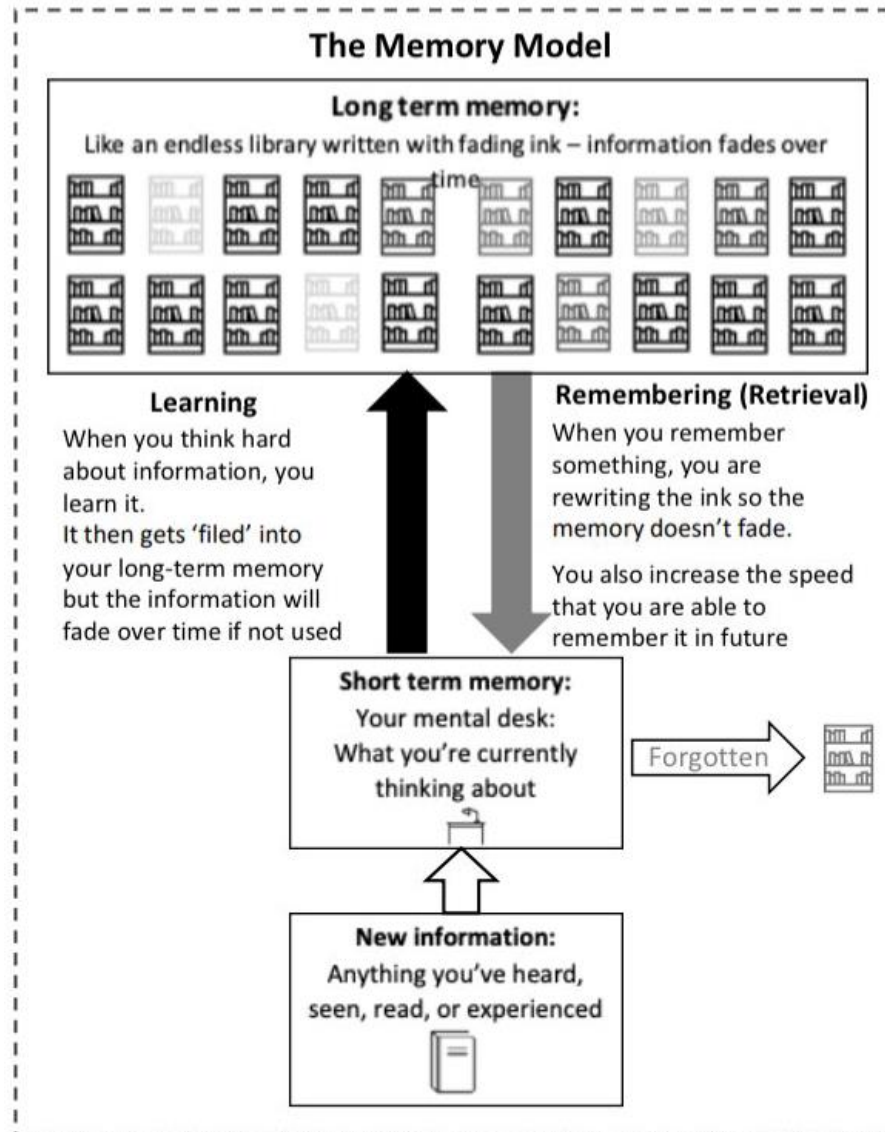
- *Daniel Willingham*

When doing any revision activity, you must do things which actively make you think hard.

**Copying out your notes is not the answer.**



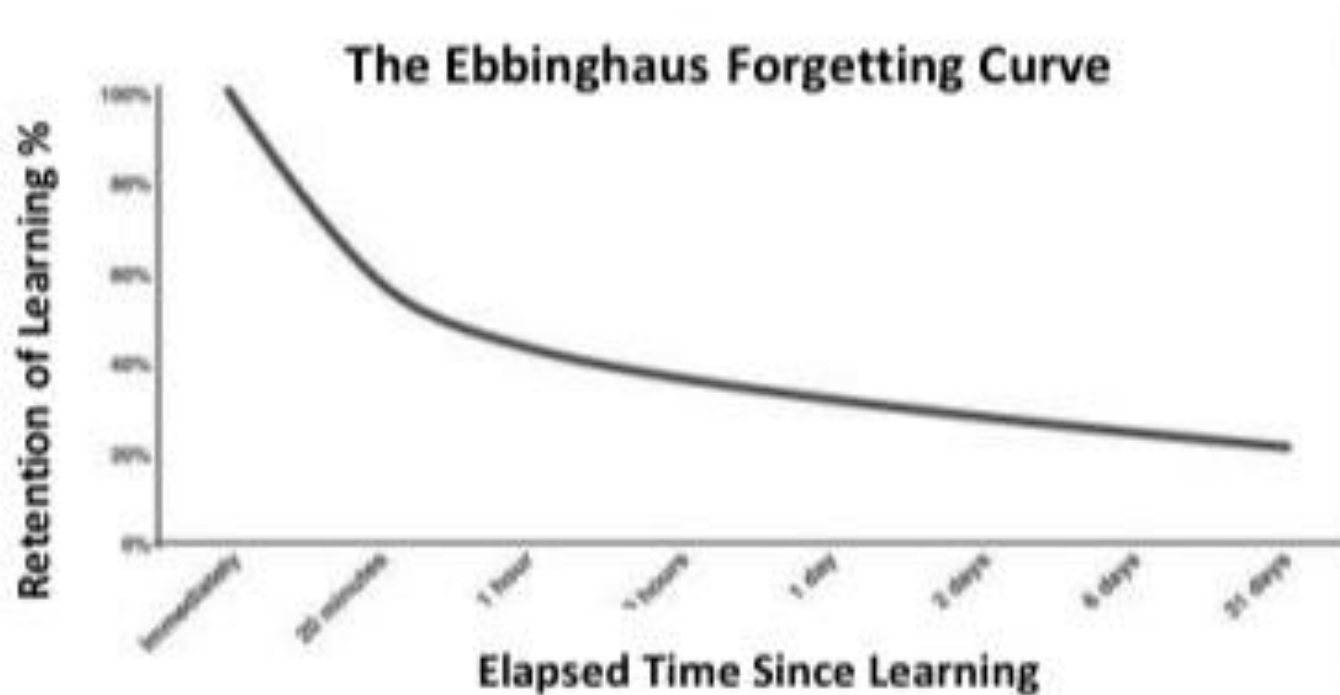
# The Science of Learning



# The Science of Learning

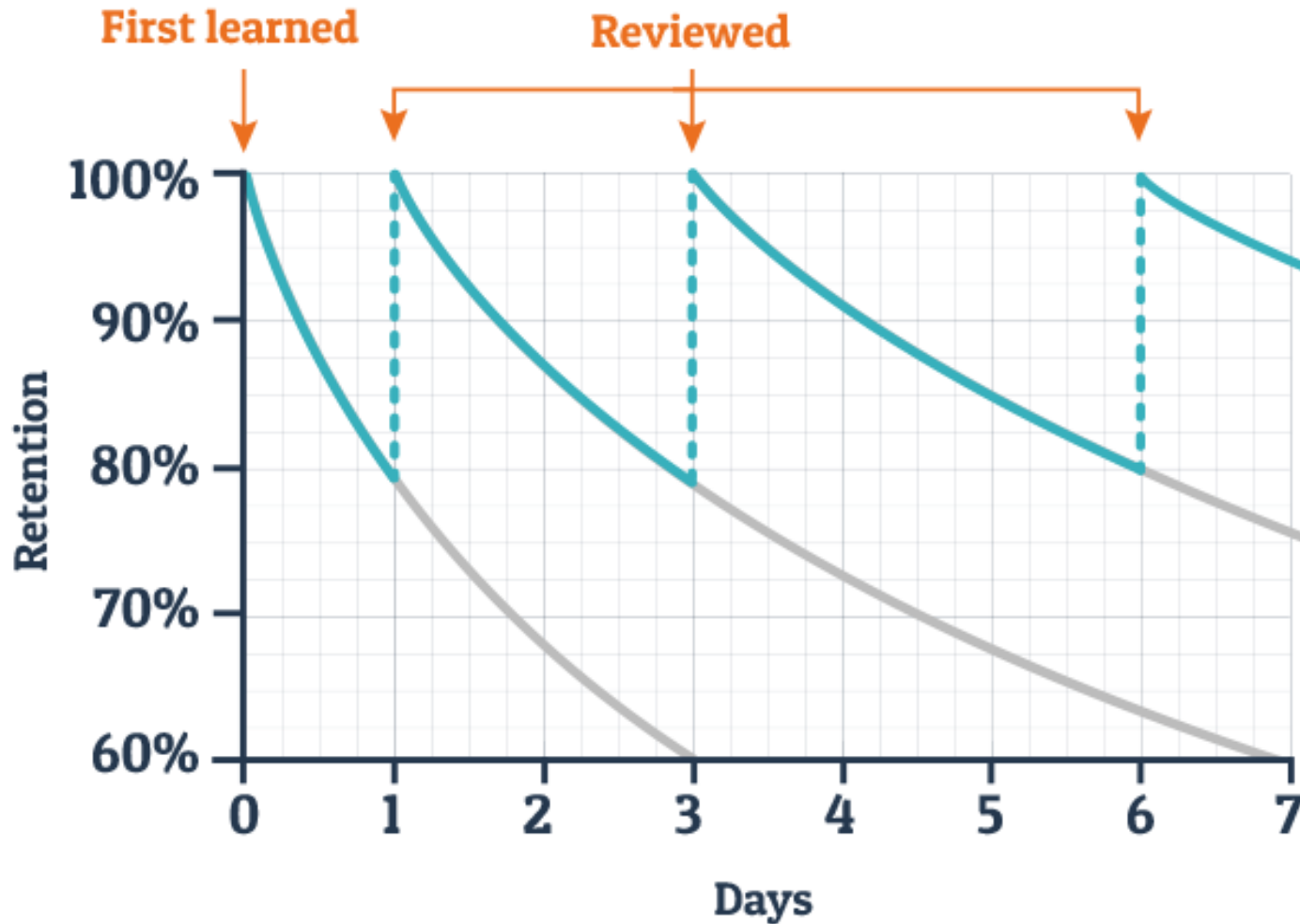


*Forgetting* is an important part of the learning journey. Research shows that over time, you forget most of what you have learned.



Retrieval practice is the key to help break this curve.

# The Science of Learning



# The Science of Learning



Being **busy** does not equate to successful revision.



## Re-Reading

This gives a false sense that you 'know it'. However, but your brain isn't doing any hard work or learning.



## Highlighting

It wastes time & leaves you focusing on a narrow area, often missing the big picture of the notes.



## Cramming

This essentially overloads your working memory, you can't learn it all. It causes stress/anxiety before exams



## Re-Writing

Writing out your notes again isn't making your brain do any hard work, it simply wastes time.

# Retrieval Practice



## Brain Dump

Write out everything you know, about a topic (e.g. in a mind map) under timed conditions.

Then use your notes to make any corrections or additions in another colour pen.



## Self Quizzing

Answer questions on a topic, fill a diagram or complete gap fills, all from memory. Use your notes to make any corrections using a colour pen

Create your own quizzes or use those online e.g. Seneca/Quizlet/Carousel



## Graphic Organisers

Complete a pre-made graphic organiser from memory, such as Round the Clock Revision or Cornell Notes. These allow you to structure your answer, providing opportunity to apply your knowledge in deeper ways.



## Elaboration

Explain a narrative (story, process or cause/effect) to someone who has the notes, so they can check your answer. Create a visual guide to help you (Dual Coding) if you support you.

Tell the story.....



**Key Words**  
Evaporation  
Convection  
Condensation  
Precipitation  
Energy  
Warm/Cool  
Flow  
Vapour  
Fall/rise

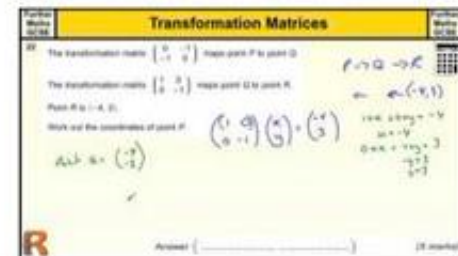
## Summarising

To check understanding, can you still produce a summary of the key content e.g. the short/long term impact of the Munich Putsch, after a period of time (1-2 weeks)



## Exam Questions

Answering exam questions from memory is a useful method as it requires you to draw multiple pieces of knowledge and skills together at once. You are doing more than recalling facts!



# *Deliberate Practice*



Effective revision requires deliberate practice!

## Review - Practice - Check

Practice the areas that you need to practice, not the areas you can already do.

**Don't use your notes.**

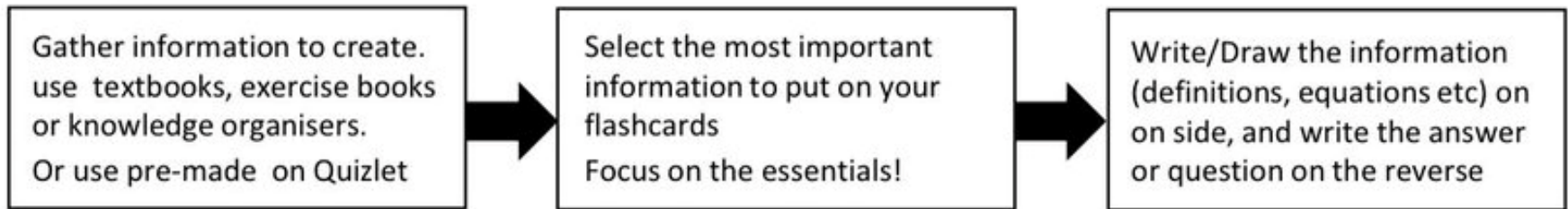
Try to aim for exam timings.

# Flashcards



Flashcards are useful for recalling facts and procedures.

## Creating Flashcards



### Do's

- Put a single piece of information of each flashcard.
- Sort your flashcards according to your confidence with them (see below).
- Create 'Decks' for each topic, use different colour card
- Mix up topics, so you aren't always on the same topic

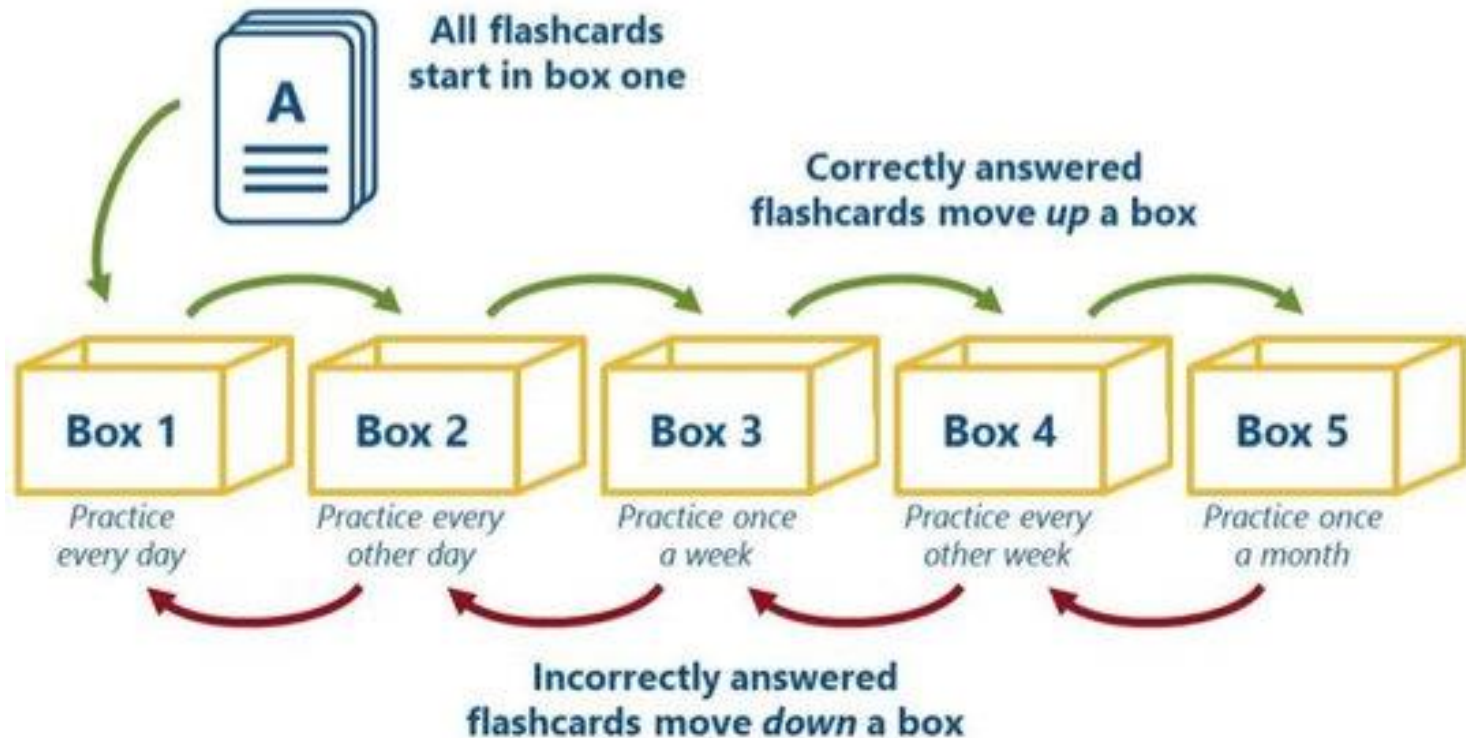
### Don'ts

- Spend more time making flashcards than using them.
- Put lots of information onto each flashcard.
- Revise the flashcards in the same order every time that you use them.
- Only read through flashcards.- Test your memory!

# Flashcards



The Leitner System is a useful technique for Flashcards that allows you to employ Spaced Practice and Self Testing.



The aim is that more cards move towards Boxes 4 and 5 = you know more!



# Command Words



Know your Command Words across your subjects to fully access the questions:

**Analyse**

**Compare**

**Calculate**

**State**

**Justify**

**Explain**

**Evaluate**

**Simplify**

# Organise Your Time



- This weeks targets are:
1. Learn the formation of a corrie
  2. Practise solving trig equations with compound angles
  3. Recall concepts & achieve 60% in a listening paper

Day	After School	Early Evening	Late Evening
Monday	<b>Maths</b> – Trig Equations	Football Training	<b>Geography</b> - Glaciation
Tuesday	<b>English</b> – Learn Poem Quotes	<b>Music</b> – Concepts Brain Dump	Swimming
Wednesday	Football Training	<b>English</b> – Redraft essay	Relax!
Thursday	<b>Geography</b> – Test Corrie formation	<b>Homework</b>	<b>Music</b> – Listening Paper
Friday	<b>Maths</b> – Past Paper	<b>Music</b> – Review errors and create flashcards	<b>Geography</b> - Weekly Flashcards
	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Saturday	DAY	OFF	☺
Sunday	<b>Homework</b>	<b>Maths</b> - Past Paper	Review Targets and Create New Plan

# *The 9 Best Scientific Study Tips*



<https://www.youtube.com/watch?v=p60rN9JEapg>

THE 9 BEST  
SCIENTIFIC  
STUDY  
TIPS

