

Year 11 Study Skills

How to condense notes

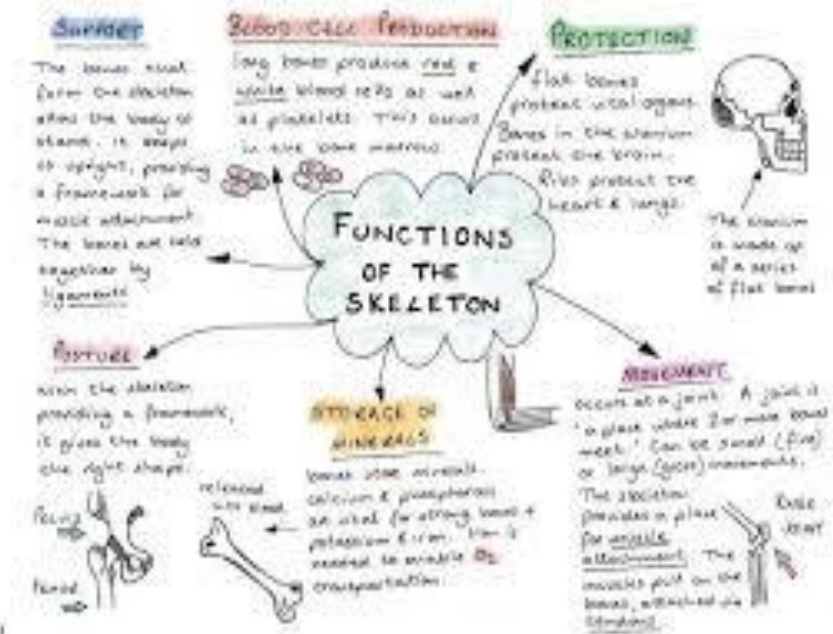
- Summarise your notes into key points and take aways.
- Pick out what is important, aim to get each topic onto one side of A4.
- Make content recognisable and logical. Link topics together and group content into sub-sections.
- Put content into your own words, you are more likely to remember what you revise.

Memory techniques

- Ensure you are actively learning when you are revising, this is the most effective way.
- Passive techniques e.g. reading and highlighting notes, will not maximise your knowledge retention.
- By making your revision active you will move more knowledge from your short-term memory to your long-term memory.
- Active techniques include; mind maps, flash cards, round the clock and more.

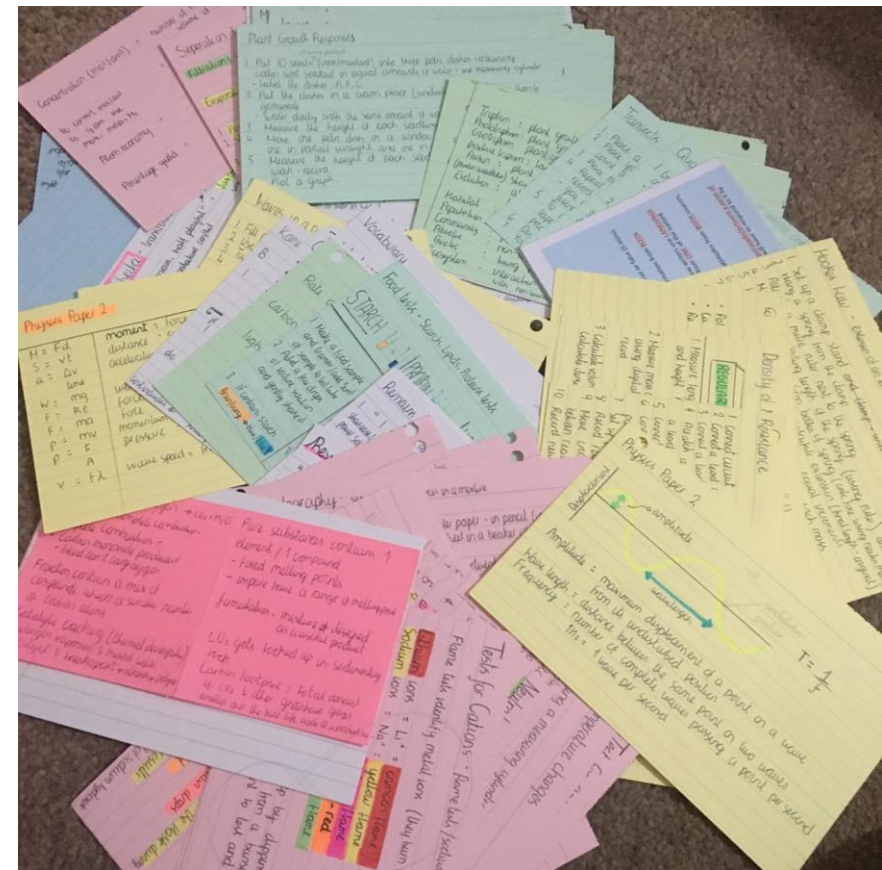
Mind maps

- A visual guide to organise information.
- One mind map = one topic area.
- Place the title of the topic in the middle of the page.
- From the topic title draw strands outwards for each sub-topic.
- Under each sub-topic add in short, detailed information.
- A good mind map uses colour and images



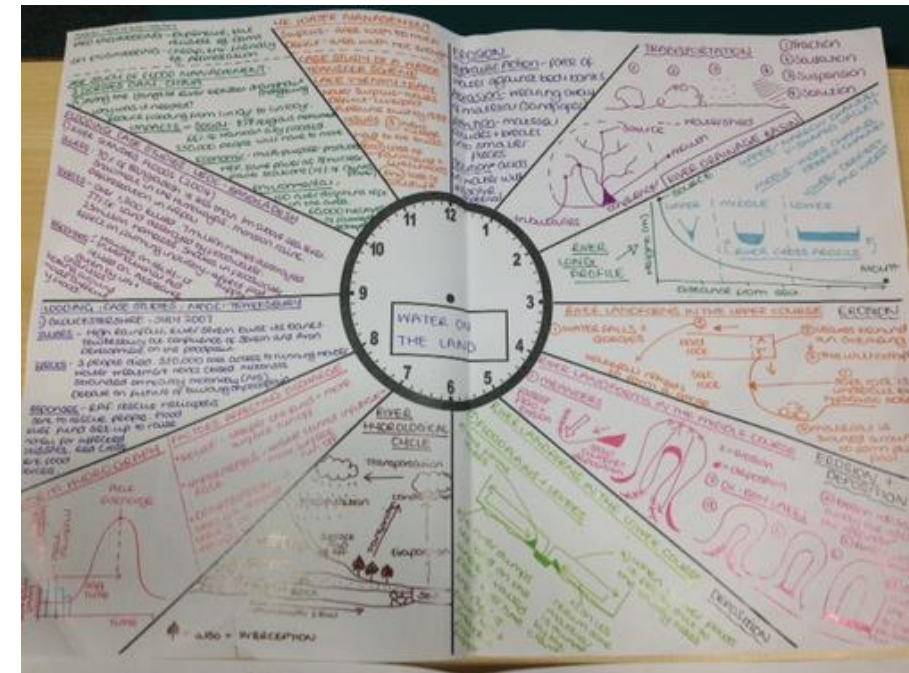
Flash cards

- Simple but effective revision tool, supporting to bridge knowledge gaps.
- Small cards with a question or prompt on one side, with an answer on the other.
- They can also be used to help revising dates, vocabulary, key words & definitions and formulae.
- Pre-made flash cards are available, but making your own, in your own words will help content stick



Round the clock

- Pick a topic area you wish to condense and revise.
- Each sheet has 12 sub-categories.
- Break each whole topic down into 12 smaller chunks.
- Once complete, revise a sub-category for 5 minutes.
- After 5 minutes ask someone to ask you questions about the content you have just revised



Brain dump

- On a blank piece of paper write down everything you can remember about a topic in a time limit e.g. 10 minutes.
- Once your time is up highlight/colour code information into topic groups.
- Compare what you have written down to your notes or books.
- Add in any additional information you did not write down.



In the classroom

- When in lessons you can start making your notes more user friendly.
 - Highlight or box of key words, phrases or definitions.
 - Where possible do not write out information word for word, start to paraphrase it.
- In the margins of your books list which other topics will link to what you are currently studying.
- Ask your teacher to clarify points or content if needed.

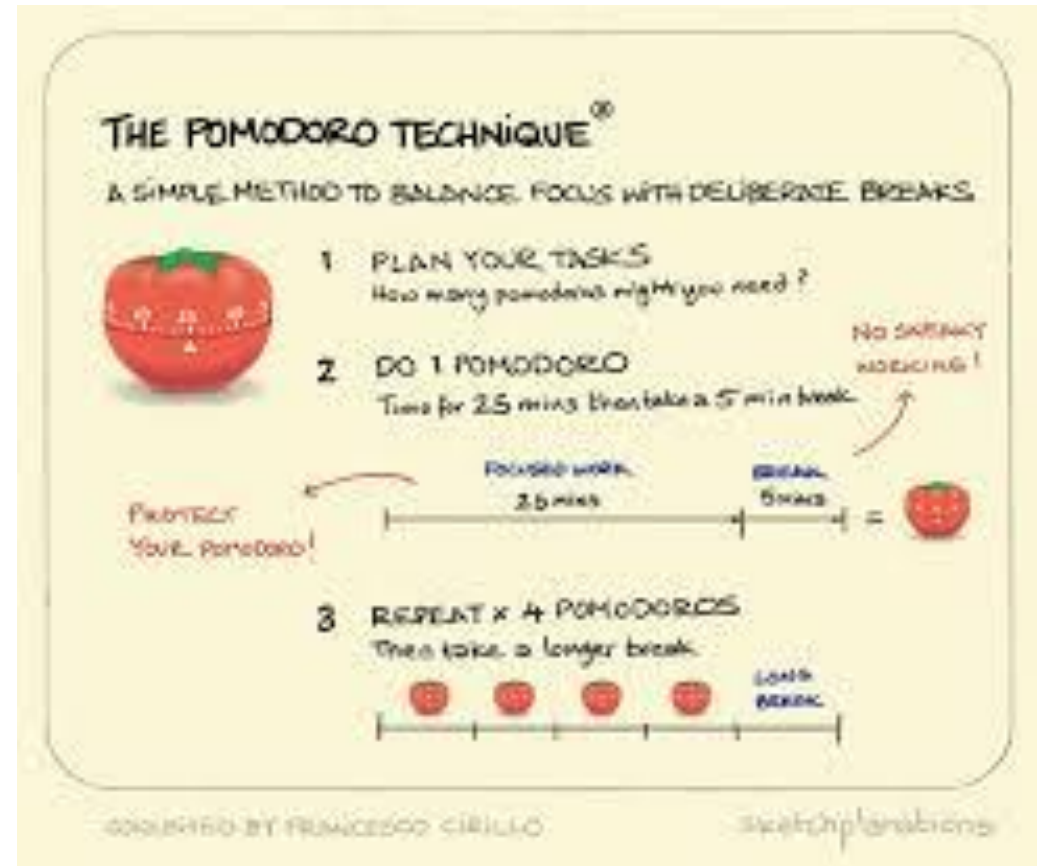
More revision tips

- Revise with a friend
 - Test each other
 - Discuss topics, explain key concepts or ideas
- Say it out loud
 - Saying things out loud stops skim reading and ensures you are engaging with all the content.
- Know your strengths and weakness
 - Review your subjects & topics and rank them from strongest to weakest.
 - Identify where you need to invest your time.
 - Use teacher and assessment feedback to support this process.
- Utilise apps and online resources
 - Look around for different apps and online platforms to support revision. This will make revision easier

Self-Care

The Pomodoro technique

- When studying be mindful that more hours do not always mean better outcomes.
- Study in small, manageable chunks with regular breaks.
- The Pomodoro technique can support you in managing the time spent studying.
- [POMODORO TECHNIQUE - My Favorite Tool to Improve Studying and Productivity \(youtube.com\)](https://www.youtube.com/watch?v=8811811811)



Looking after yourself

- Recognise the signs of stress. By doing this you can help prevent your stress levels becoming too high. Signs of stress include:
 - Loss of appetite
 - Sudden weight loss or gain
 - Feeling anxious
 - Difficulty concentrating
 - Feeling emotional
 - Struggling to sleep.
- When you feel your stress levels are too high, take a break from studying, do something you enjoy or talk to someone.
- Remember your friends will be in a similar situation, family will have experienced the stress of year 11.

How to manage your stress

Make realistic targets

Celebrate small wins –
acknowledge progress

Take regular breaks

Ensure you have time to relax and have down time

Find ways to reward yourself for studying

Do not compare yourself to others


Stay on track – use your timetable

If you deviate from your timetable – do not worry


Look at apps that will help manage potential distractions

Exercise reduce stress

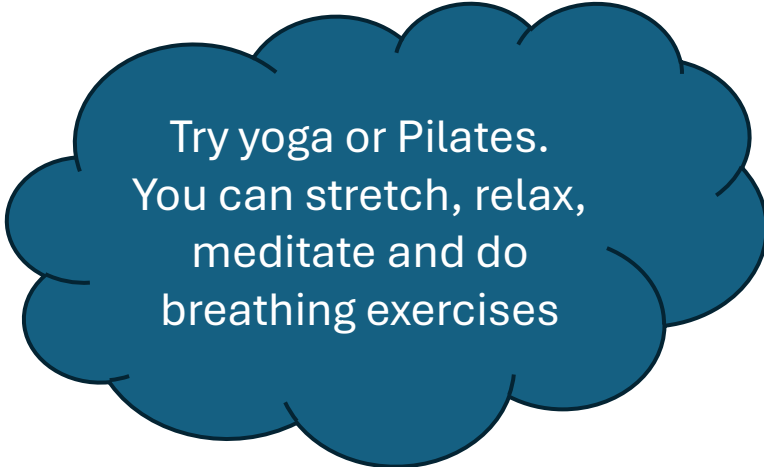
- Find a form of exercise that suits you, it needs to be fun and relaxing.
- Exercise produces endorphins, a feel-good hormone. This will make you feel more energised and positive.
- Exercise will act as a distraction, reducing stress and worry.



Go outside to exercise. Do this alone or with a friend, a great way to get fresh air



Find an online exercise class. Try a HIIT workout or a dance class



Try yoga or Pilates. You can stretch, relax, meditate and do breathing exercises

Practice mindfulness

- Mindfulness is about setting time aside to be aware of your thoughts, feelings and your different senses.
- It is a great way to improve your well-being and make you feel more in control.
- Mindfulness techniques:
 - Be present – appreciate the small things e.g. smells, sounds and sights around you.
 - Daily breathing and meditation. You can use apps e.g. head space or calm

Sleep and Diet

Ensure you get
enough sleep –
8-10 hours

Ensure you
consume fruit
and vegetables

Stay hydrated –
Water is the key

Relax before bed.
Avoid caffeine, turn
technology off. Read
a book (not studying
related)

Eat plenty of
protein

Practice gratitude

- Gratitude – A feeling of appreciation.
- Provides a deep feeling from recognising how amazing things are.
- Allows individuals to reflect on their recent successes and achievements.
- Keep a journal of your daily achievements/appreciations.
- Write down three things at the end of each day.

