Study Skills for 3rd Years

• Read over the contents of each page
• Ensure that you complete the 3 TASKS throughout.
• There are various study methods, tips and examples detailed.
• If you have any questions ensure that you ask your SPHE teacher.
Using your SPHE book:
What type of Learner are you??

The Cone of Learning

I see and I forget.
I hear and I remember.
I do and I understand.
— Confucius

After 2 weeks,
we tend to remember...

- 10% of what we READ
- 20% of what we HEAR
- 30% of what we SEE
- 50% of what we SEE & HEAR
- 70% of what we SAY
- 90% of what we SAY & DO

Source: Edgar Dale (1969)
Step 2: Preparing to study

- Concentrate
- Make Plans
- Don't Stress
- Do it!

Step 3: What to do when we study
Different Learners have different styles.

Step 4 There are many methods to revision
What method suits you?

- Condensed notes – using A4 paper
- Use of colour and highlighters
- Mind maps, flow charts and spider diagrams
- Make ‘learning posters’ with information and images from a topic
- Summary tables or grids
- Prompt/ flash cards

- Create a ‘book of facts’ or key words (one for each subject)
- KWL charts
- Mnemonics
- Self-testing – written questions that can be used again.
- As you end a revision session – review the key points.
- Practice past questions on examinations.ie
Study Methods
Mind maps

Study Methods
Mnemonics
Making a Study Plan

1. Establish short-term and long-term goals for **studying**. ...
2. List all the subjects you need to **study**. ...
3. Figure out what you need to do for each subject or exam. ...
4. Prioritize your list. ...
5. Divide your available time during the week into **study** blocks. ...
6. Reserve time for non-academic activities. ...
7. Fill in your **study** blocks.
**December Exams (Topic List)**

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**November Plan  Week Beginning 25/12/19**

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**Top Tips for Junior Cert Students in the run up to the exams**

- Pace yourself. You still have time to revise all you need to know.
- Review what you have learned at the end of each study session.
- Practice exam questions as much as you can.
- Avoid working when you are too tired to be truly productive.
- Avoid concentration on just one or two subjects.
- Work in bite size chunks that you can absorb.
- Reward yourself for achieving your study objectives.
- Use smart tools such as Mindmaps, Flash Cards or Mnemonics to aid your memory & assist recall.

- Seek out a quiet study environment.
- Avoid distractions.
- Plan your outcomes before you start.
- Allow for regular breaks.
- Focus on achieving a positive outcome from each study session.
- Don't overload your brain.
- Ensure you get adequate sleep.
- Eat properly.
- Include exercise in your daily routine. It's a great stress buster.
- Leave some time for leisure activities each day.