



SIXTH FORM STUDY GUIDE

A guide to help you study which covers:

- Planning and Organisation
- Successful Revision Techniques
- Looking after yourself
- Useful Information

The Basics



Organisation

Use PLC's and RAG lists to prioritise your revision

- Break down tasks into manageable chunks, which are **S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**imebound
- Create a regular dedicated space to revise. Keep distractions out of this space, no screens, television or loud music
- Ensure you have all study materials ready and clearly labelled by topic. Have stationary and pens ready and order revision guides
- Understand which websites have past papers, mark schemes, examiners reports, revision resources



Planning

- Identify a timetable which sets out what time you have available to revise until your exams start
- Think about when you are at you best to study
- Roughly divide up the topics and tasks you want to re-visit over this period
- Each week have a list of SMART tasks that allocate to the time you have
- Don't be hard on yourself if this goes off plan and spiral into doom, piling pressure on yourself. Pick up where you can and carry on
- Use technology to help you, **apps such as Flora** are great to help you manage revision



Studying Effectively

“

THE MORE WE LEARN,
THE MORE WE REMEMBER,
THE MORE WE
REMEMBER, THE MORE WE
LEARN.

”

- Break down study into 30-40 minute chunks with small-minute rests in between each section. Research has shown this to boost re-call by up to 25%



- Breaks are crucial. They should be short and designed to relax your mind, such as getting some fresh air, something to eat. They should not be Tik Tok, Insta, TV or gaming

- **Repetition**

Memory expert Tony Buzan suggests that for something to enter your long-term memory permanently you need to **revisit the content 5 times before your exam**

x5

Dealing with Motivation and Procrastination

- Putting things off because we don't feel like doing them or thinking 'I'll do it tomorrow' is the easiest and most comfortable option there is. Except it's not, because in leaving work undone, you cause stress in the long term and you impact your chances of success
- Try reminding yourself of what you want to feel in six months, one year, five years time?
- Ask, what do you want your CV to say about the last two years?

MOTIVATION TIPS



Break things into smaller pieces

Do one thing at a time

Set realistic goals

Anticipate set backs

Schedule study at times when you are most likely to succeed

Change your environment

Minimise distractions

Challenge negative thinking

Use a timer – start with just 5 minutes

Have an accountability partner

Challenge Negative Thinking

- If you say 'I can't do this' or 'there's no point in me revising, I'm going to fail', it's pretty likely this will live out
- Success to any degree is because we are determined to get it for ourselves and make the effort to do this
- This includes challenging negative thoughts and focusing on long term goals and benefits
- Try to recognise negative thinking and challenge it, ask other people to pick you up on it if they hear you
- Don't be put off by setbacks. Be determined to find a way of overcoming them. Think 'what is it I can do to improve?' 'what can I do to solve this?'

Revision Techniques



Mind Mapping

- Plan it
- Keep it brief
- Colour and image coding are powerful memory tools
- Use arrows to make connections
- Use **key words and definitions**



Mnemonics and the Method of Loci

The word Mnemonic means ‘memory’. It can be used to put something memorable into your mind to help you recall information by creating a code using rhymes, phrases or acronyms to recall information. There are 3 types ;

Acronyms, Orders and Rhymes.

The oldest mnemonic strategy going back to ancient Greece is called the **Method of Loci** and is based on spatial visualization. This is where you ‘attach’ key information through visualisation to different places or objects and associate that information with the place or object.

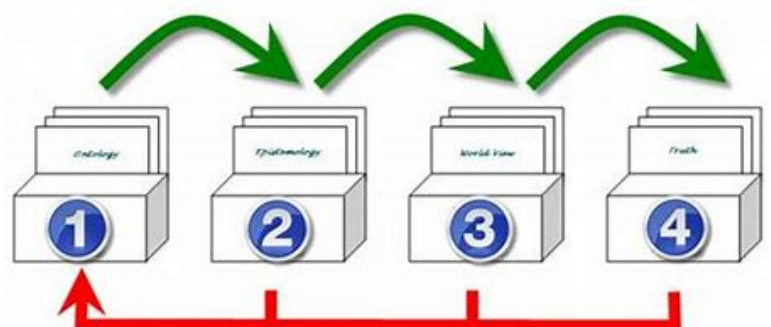
Revision cards

- A very good way to turn your notes into a more manageable form
- Cards should contain all the key points clearly and concisely
- They should be condensed so you should be able to take in the information on the card at a glance
- Transforming information into your own words aids better understanding
- Leading with a question is the ideal format for a revision card



Leitner method

Review the cards daily as part of your revision practice, sort and go back to the ones you couldn't remember. Get someone else to test you.



Revision Techniques



Blurting

Set a timer for five mins . On a blank sheet of paper write down everything that you remember for a topic, or the points of evaluation for a question without looking at your notes. When you check them afterwards add anything you have forgotten to the sheet in a different colour pen.



Planning Out Past Exam Questions

Practise exam questions. You don't need to write the whole answer. You could write it out in note form or use a grid format.

	Argument For	Argument Against
Point		
Analysis		

Mark Schemes and Examiner Reports

Mark Schemes can be used in 3 ways;

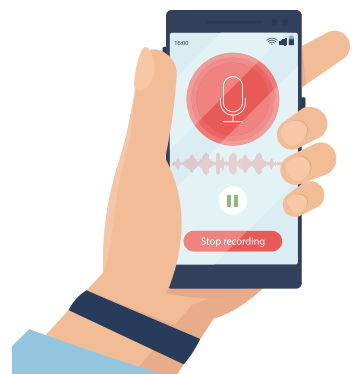
- 1 To mark an answer
- 2 Help plan a question you are not sure about
- 3 Use as a model and create a similar type question

Examiner Reports are written by an exam board after each exam. It will highlight the strengths and weaknesses of the cohort who sat it and instructs future students what pitfalls to avoid and what skills/content got the top grades. Available on all exam board websites.



Recording Your Narrative

For key facts, an evaluation, or an overview of a topic, explain them to someone else. Record your explanation and listen back to yourself 'telling' someone else. This is a proven method to aid understanding and recall.



Looking After Yourself

Eat Well and Drink Plenty of Water

Consistently eating foods that support healthy brain function increases concentration and can even help you have more patience with distractions.

Eat a good breakfast to send a message to your body that it's going to get the fuel it needs – you will be less stressed physically and better able to remain focused.

Stay hydrated to avoid headaches and low mood



Good Sleep Every Night



Exercise

Exercise improves mental focus and cognitive performance. Studies show that even if people have attention deficits, they can sharpen their focus with physical activity because it releases brain chemicals associated with learning and memory.



Stress Reduction

Mental exhaustion due to stress, leads to difficulties with concentration and attention. If you have to re-read things a lot because you can't focus, your work may not get done and that causes even more stress.

Limit the effects of stress on your ability to focus by simply taking a break and do absolutely nothing for a few minutes. Taking a break physically disrupts the pattern of stress-building and can help you recover your focus, or prevent it from being lost.



Useful Information

http://



Websites and Further Reading

https://www.tonybuzan.edu.sg/about/mind-maps/r_paragraph_text

Further reading on revision strategies; The Burzan Study Skills handbook, Tony Burzan, available on Amazon

<https://artofmemory.com/blog/method-of-loci/>

<https://www.studystack.com/>

<https://apps.ankiweb.net/>

<https://quizlet.com/gb>

<https://www.grammarly.com/>

<https://furzeplatt.sharepoint.com/sites/fp-Home/SitePages/All-Subjects.aspx> (student log-in required)

<https://www.furzeplatt.com/page/?title=Sixth+Form+Study+Support&pid=774>

<https://jamesclear.com/articles>



