

Study Tips

Active Learning

Students retain far more when they actively engage with the content

- Summarising ideas in their own words
- Teaching the concept to someone else
- Creating mind maps or flowcharts
- Turning notes or key knowledge into questions
- Applying concepts to scenarios

Spaced Practice

Spacing study across days and weeks is more effective than last-minute cramming

- Short, regular study sessions are more effective than long, infrequent blocks
- A simple approach for students:
Today's learning → Yesterday's review → Last week's review

Retrieval Practice

Pulling information from memory is more powerful than putting more in

- Low-stakes quizzes
- Flashcards
- Brain dumps

Dual Coding

Pairing words with visuals strengthens understanding and memory

- Diagrams
- Timelines
- Flowcharts
- Graphic organisers

Metacognition

Students learn better when they understand how they learn

- What do I already know?
- What's confusing me?
- What strategy will I try next?

Time Management Strategies

The 80/20 Rule (Pareto Principle)

Focus on the tasks that have the greatest impact

The Pomodoro Technique

- 25 minutes focused work
- 5-minute break
- After four cycles, take a longer break

Time Blocking

Allocate specific blocks of time for specific tasks

- 25 minutes on reading
- 20 minutes on practice questions
- 10 minutes on review

Task Chunking

Break large tasks into smaller steps

- "Write practice essay" becomes:
 - Choose prompt
 - Plan
 - Write introduction
 - Write body paragraph 1 etc.

