

Study Skills Webinar for Year 7 students and parents

Developing life-long habits for efficient and effective learning

Dr Matthew Hill

Director of the Barker Institute

Barker
Inspiring Tomorrow



Purpose of this session?

We know how the brain works and can 'hack' our brains for our benefit

Now is the time to study for Year 7 exams

Now is the time to develop life-long study habits for efficient and effective learning

(It is not) marks in literacy, numeracy and science rather than key issues that predict genius – (rather we should be celebrating) effort, determination, imagination and the willingness to make mistakes and keep going.

Unlocking Your Child's Genius: How to discover and encourage your child's natural talents (Andrew Fuller, 2015) p3-4.

Life-long habits for efficient and effective learning

A note about Year 7 at Barker

Homework expectations

Barker Year 7 students can expect 6-7 hours of homework each week.

Assessment schedule

Co-curricular opportunities

Overview of the session

1. Location, location, location
2. Scheduling for success
3. The why and how of using a diary
4. Types of study
 - a) Homework tasks
 - b) Completing projects
 - c) Preparing for exams
5. Maximising memory
6. Momentum: Show up and start!
7. Additional references

Location, location, location

Where you study matters!

Activity #1: Location

1. Write down the exact location where you/your child spends most of their time doing homework.
2. List three things that make this location good for doing homework, and
3. Three things that make this location not so good for study in this location.



Notes:

1. No phones
2. Only have a computer when needed
3. Should I listen to music?
(Adam Alter, 2013)
4. No phones

Life-long habits for efficient and effective learning

Scheduling for success

Following a weekly timetable reduces anxiety in the long run

Anxiety is caused by a lack of control, organisation, preparation and action.

- David Kekich (Researcher and Author)

Week:	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
3.30 – 4.30						11.00		
4.30 – 5.00						12.00		
5.00 – 5.30						1.00		
5.30 – 6.00						2.00		
6.00 – 6.30						3.00		
6.30 – 7.00						4.00		
7.00 – 7.30						5.00		
7.30 – 8.00						6.00		
8.00 – 8.30						7.00		
8.30 – 9.00						8.00		
WEEK	Planning							

WEEK

Week:	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
3.30 – 4.30	Sport	Band	Sport	Travel	Debating	11.00	Travel	Volunteering
4.30 – 5.00	Sport	Band	Sport		Debating	12.00	Sport	Volunteering
5.00 – 5.30	Travel	Travel	Travel		Travel	1.00	Sport	Lunch
5.30 – 6.00	Music Lesson				Travel	2.00	Travel	
6.00 – 6.30	Maths	Music practice	Music Practice	Music Practice	Debating	3.00		
6.30 – 7.00	Dinner	Dinner	Dinner	Dinner	Debating	4.00		Music Practice
7.00 – 7.30	Music/English			Homework catch up if needed	Debating	5.00		Dinner
7.30 – 8.00	History/PDH&PE		Bible Study		Youth group	6.00	Dinner	Church
8.00 – 8.30			Bible Study					Family/friends
8.30 – 9.00			Bible Study					
<u>Planning</u>								

Monday's school timetable:
 Maths
 Music
 English
 PDH&PE
 History

Scheduling for success

Following a weekly timetable reduces anxiety in the long run

Activity #2:

1. Working together, consider what you do on a Monday evening, till in these blocks with all non homework activities such as a specific sport, family time, dinner, travel
2. How many blocks are now available for homework? Ideally 3-4 half hour blocks.
3. Which 5 subjects do you have on Monday? Schedule these in 15-30 minute intervals in these blocks.



Week:	Monday
3.30 – 4.30	
4.30 – 5.00	
5.00 – 5.30	
5.30 – 6.00	
6.00 – 6.30	
6.30 – 7.00	
7.00 – 7.30	
7.30 – 8.00	
8.00 – 8.30	
8.30 – 9.00	

Scheduling for success

Following a weekly timetable reduces anxiety in the long run

Scheduling tips:

- Print it BIG - (at least A3) so you can have space to add more detail.
- Add details in pencil - The weekly plan is printed in ink or written in pen, specific plans for the week (e.g. to find and summarise three relevant sources for history project) can be added in pencil)
- Make it visible - (to both student and parent)
- Schedule sleep - Don't finish later than 9pm.
- Stick to the schedule – only work on the subject you're meant to be working on
- If this doesn't work – try something different (Eastman, A., 2018. *2017 HSC Results: How to Pass their Successes onto their Successors*)

Life-long habits for efficient and effective learning

Scheduling for success

Following a weekly timetable reduces anxiety in the long run

Roadblock #1

But I have too much homework from these subjects to complete during these two hours!

Roadblock #2

But my teachers have not given me enough homework from these subjects to complete during these two hours!

Life-long habits for efficient and effective learning

The why and how of using a diary

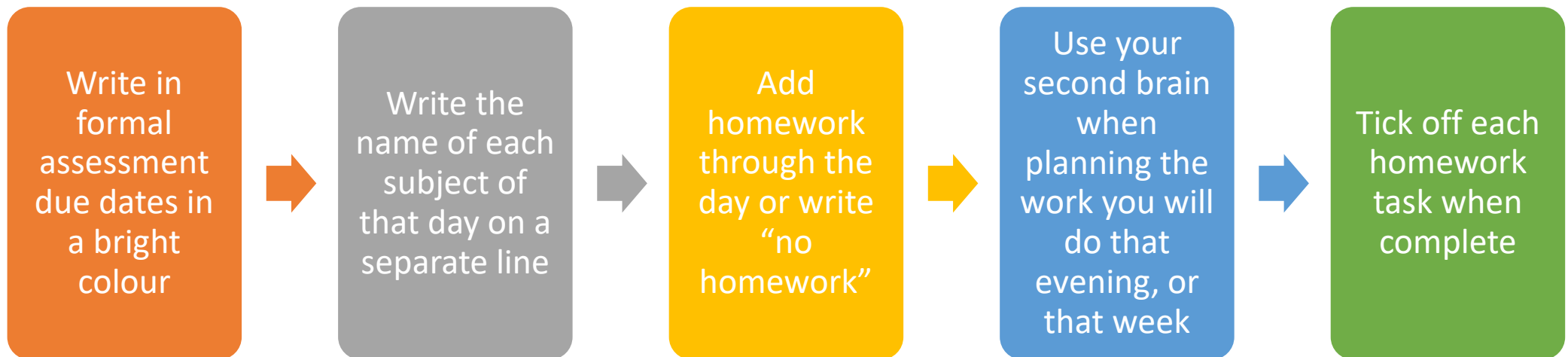
Using a second brain to take pressure of your first brain

If you help a child to feel able and confident in one specific area this can ricochet positively into other areas of life.

(Herbert Marsh - Professor of Educational Psychology)

Helping children to use a system to stay motivated at school... Get them organised.... Help your child to use their time in school well...

Andrew Fuller, Unlocking Your Child's Genius, P133-138.



Life-long habits for efficient and effective learning

The why and how of using a diary

Using a second brain to take pressure of your first brain

Recording and ensuring homework is complete
is the student's responsibility,

monitoring and planning is best done
collaboratively with parents.

Activity #3:

1. Find your school diary
2. Open your diary and turn to page this week's page
3. Look together at what is written in the diary for this week
4. Write the assessments for the rest of the term
5. Write the subjects you have tomorrow
6. Tomorrow write the homework that you get for each subject and show your parents when you get home



Types of study

Not all work is the same

Activity #4:

1. Turn the page over so you can't see any of the notes you have made so far.
2. On your own, write down three things that you want to take away from the first part of the presentation tonight.
3. Compare what you have written with the person next to you



Types of study

Not all work is the same

Three types of academic learning you might do in the evening:

1. Homework tasks (opportunities to learn)
2. Completing projects (often with smaller tasks scheduled long before the due date)
3. Preparing for exams (dedicated to consolidating knowledge to store in long term memory)

Consolidate Notes – spend 30 minutes consolidating this week’s work into a single page summary. Highlight and define key terms. What questions do you have? Summarise in three points.

Represent Notes – Choose a note taking method (Cornell, table, mind map) to represent the work we have done this lesson/week/fortnight.

Find and Fix – Identify things from this lesson/week’s work that you have found hard or have not understood or have made errors.

Define Key Terms - Put key terms and definitions on palm cards. Build a stock of palm cards over the year. Spend 10 minutes in class with a partner testing each other.

Respond to Feedback – give feedback as an action and have students complete for homework. Eg. Rewrite this paragraph, add more detail here, re-plot this graph using the correct scale.

Research and Elaborate – Spend 20 minutes finding out more about something you have found interesting this week. Use the information discovered to elaborate on your notes. Share with the class.

Read Ahead – Spend 20 minutes reading the next chapter, watching this clip, in preparation for next week’s work. Make a list of three questions you have/ what interests you about this upcoming work?

Quiz – Complete an online quiz. Retake the quiz until you get an 80% score. Which questions did you find the hardest? Share in class.

Spaced Practice – Spend 30 minutes reviewing work from a month ago/the last topic. Quiz yourself and identify areas you have forgotten. Test this past work in class.

Maximising memory

Giving your brain a leg up

Three tips

1. Don't just read it – do something with it!
2. Repeat, repeat, repeat (“It takes humans 24 repetitions to get to 80 percent of (memory) competence”, Fuller, p209)
3. Involve parents (teach them, and invite them to quiz you)

Activity #5:

Over the last three nights, record how many hours of sleep you each had



Life-long habits for efficient and effective learning

Maximising memory

Giving your brain a leg up

Wakefulness

NREM Sleep

REM Sleep

Reception

Reflection

Interconnecting

Life-long habits for efficient and effective learning

Momentum: Get started now

Overcoming static friction



“One way of looking at this might be that for 42 years I have been making small regular deposits in this bank of experience: education and training. And on January 15 the balance was sufficient so I could make a very large withdrawal.” Captain Chelsey ‘Sully’ Sullenberger



- Barker families have access to study skills from Enhanced Learning Educational Services. To access the handbook, go to www.studyskillshandbook.com.au and login as a subscriber with these details:
- Year 7 Assessment Manual
- Weekly Planner
- Reimagined dates

Remember, God does not expect me to do more than I can. (Tim Chester, *The Busy Christian's Guide to Business*, P77)

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t 61 2 8438 7585
e mhill@barker.nsw.edu.au