

Supporting Good Study Habits

There is plenty of good evidence showing which study habits are effective, and which are less effective.

Below are some tips, based on cognitive research, to help your young learner use their revision time more effectively.

1

Weapons of Mass Distraction

Your brain can only cope with a few inputs at once, so give it the best chance of focusing on the correct thing by removing or blocking out competing stimuli.

Off-topic chatter, music with lyrics and even the *presence* of a mobile phone have been shown to reduce capacity for learning.

2

Let's Get Quizzical

The act of retrieving content from long term memory has been shown to strengthen that memory.

Encourage your young learner to answer questions using past papers or flashcards rather than just re-reading their notes to ensure they are actually *remembering* rather than just recognising.

3

Mix It Up

Studies have shown that interleaving different topics or subjects is more effective than studying all in one block.

For example:

Mon	30 mins Maths	30 mins French
Tue	30 mins Maths	30 mins French

is more effective than

Mon	1 hr Maths
Tue	1 hr French

Encourage your young learner to make and use a study timetable.

4

Sleep On It

A decent night's sleep is crucial for consolidating what has been learnt during the day.

Encourage your young learner to have a regular bedtime and avoid using screens before bed.

5

Too Cool for School?

Every department at Lasswade provides resources, websites, revision classes and other tools for pupils to study.

Ensure that your young learner is taking advantage of these opportunities.

Summary

- Remove distractions
- Recall rather than reread
- Interleave topics
- Get a good night's sleep
- Use the supports that school is offering

