
Study Skills for Success

Building Effective Study Habits

Mr. T Mc Kenna HOKS 4



Overview:



Where?



When?



What?



How?



Why?



Why study?



Motivation:

- Why do we need to study?
 - To improve academic performance.
 - To develop problem-solving and critical thinking skills.
 - To build a strong foundation for future goals (college, career).

Career Progression

- 5+ A*-C Inc English and Maths
 - Keeping options open for next year.
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Where to Study?

- **Creating the Right Environment (parental input):**
 - Quiet, organised, and free from distractions (TV, phone, etc.).
 - Comfortable chair and well-lit area.
 - Personalise your space with motivational quotes or tools (like planners).
- **Consistency:**
 - Studying in the same place can help create a mental association for focus and productivity.
- **Options:**
 - Home study desk – managed environment.



When to Study?

Revision timetable February & March 2025

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 rd Feb							
10 th Feb							
17 th Feb							
24 th Feb			Biology	Chemistry	Physics		
3 rd Mar							
10 th Mar							
17 th Mar							

- **Find Your Optimal Time:**
 - Are you a morning person or a night owl?
 - Study during your most alert hours to retain more information.
- **Pomodoro Technique:**
 - 25 minutes of focused study, followed by a 5-minute break.
 - After four sessions, take a longer break (15-30 minutes).
- **Avoid Cramming:**
 - Spread study sessions over time (spaced repetition) for better retention.
 - **Create an agreed plan**
 - Study regularly rather than waiting for the last minute.

What to Study?

- What to Study?
- Prioritise Subjects:
 - Focus on difficult or challenging subjects first.
 - Break complex subjects into smaller, manageable pieces.
- Active Learning Techniques – parental input:
 - Summarise what you've learned in your own words.
 - Teach others—explaining topics to someone else reinforces your knowledge.
 - Use flashcards, diagrams, and mind maps to visualise information.
- Set Specific Goals:
 - Use SMART goals: Specific, Measurable, Achievable, Relevant, Time-bound.
 - Example: "Finish Chapter 3 and do five practice problems by 6 PM."

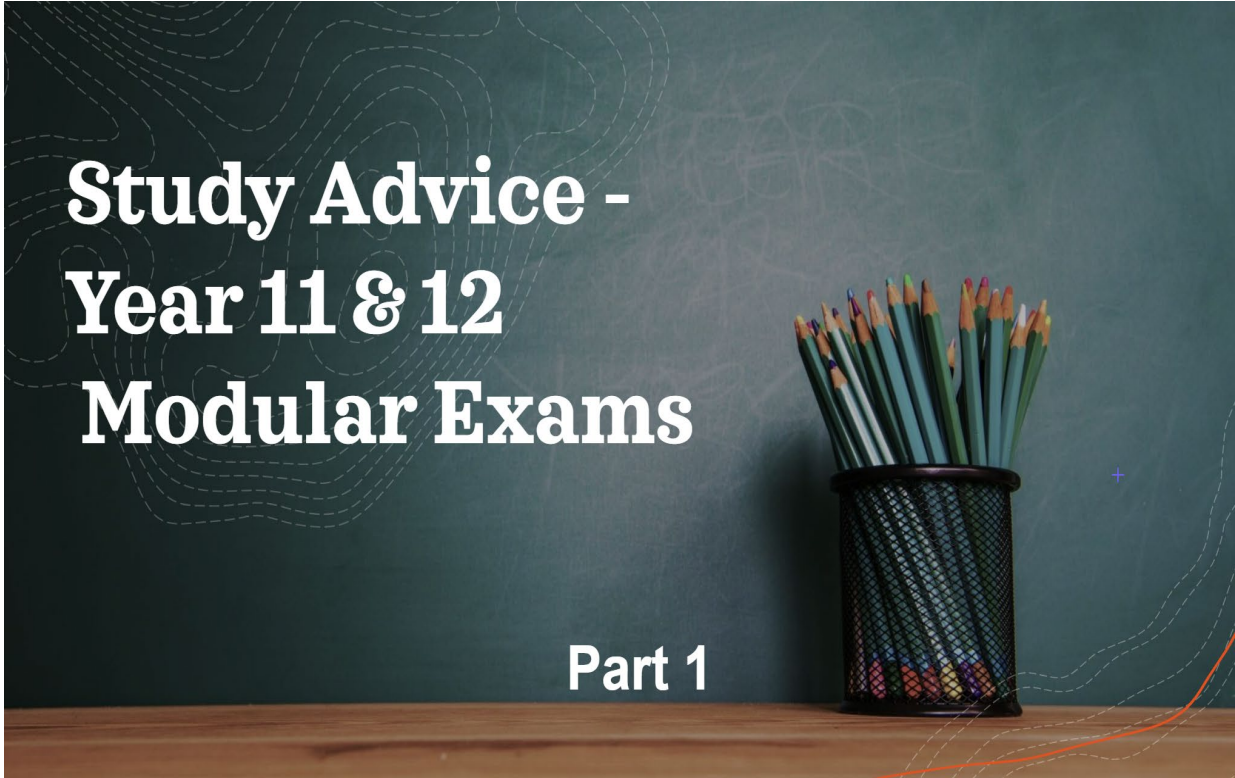
SACRED HEART COLLEGE

KEY STAGE 4



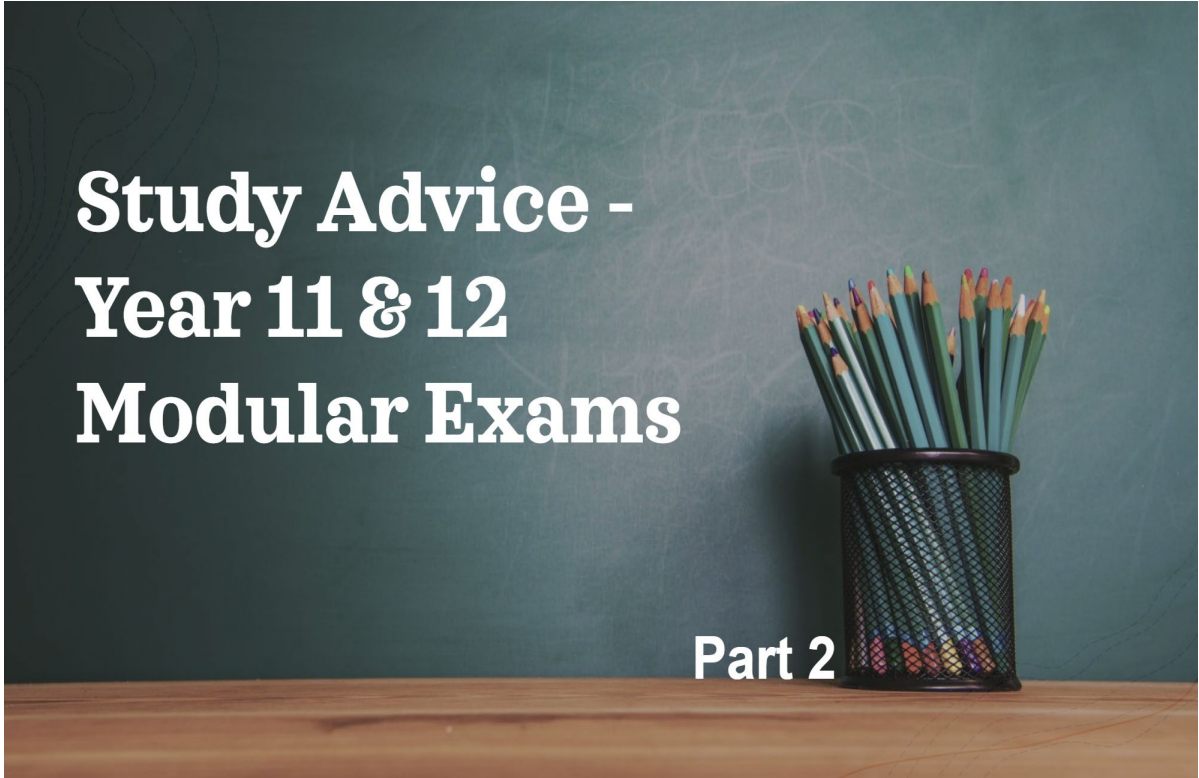
Subject Revision Guidance
May/June
2025

How to study?



Study Advice - Year 11 & 12 Modular Exams

Part 1



Study Advice - Year 11 & 12 Modular Exams

Part 2

Role of the Parent



Support

Support, Not Control:

- Encourage independence but offer support when needed.
- Help them create a study schedule but let them manage it.

Be

Be a Motivator:

- Celebrate achievements (big and small).
- Avoid using pressure or creating anxiety—promote a growth mindset.

Provide

Provide Resources:

- Ensure access to necessary tools (study materials, quiet space).
- Offer help with time management and organisation but allow them to take responsibility.

Monitor

Monitor Well-Being:

- Balance study time with relaxation and physical activity.
- Pay attention to signs of stress or burnout.
- Reward.

Conclusion: Key Takeaways



- Studying is not just about working harder, but working smarter.
 - Create the right environment for pupils and stick to a routine.
 - **Parents** play an important role by providing support and motivation without micromanaging.
 - Consistency, prioritisation, and active learning are keys to success
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- Q&A
 - Open to the floor for questions
 - Available at PTM.

