

Introduction

Everybody wants to do well and get the best out of school and the best out of themselves. What needs to happen for you to do well in your school? Would you agree with these?

Have a regular attendance

Being on time

Paying attention in class

Doing my homework

Anything else you can think of?

Difference between Homework & Study

What is Homework?

Homework is work that is given by your teacher to be done for next class, which could be the next day or a few days later. In the next class, the teacher will check if the homework is done and correct/discuss it.

What is Study?

In secondary school we have exams at the end of term. We also have exams at the end of subject topic. To do our best we know we should study when these exams are approaching. We become conscious of the need to revisit topics covered in order to do well.

Doing my Best

What does it mean to say we have done our best?

Is it about getting the top grades?

Is about our best effort?

If it is about doing our best, regardless of the grade, can we say we have done our best if we only study **just as** the exams are approaching? Doing our best might mean that we should be studying **throughout the school year** and not just studying in the run up to a class or end of term exam.

How to Study

Understanding your learning style/s:

Learning How *Your* Brain Learns

We could argue that the learning styles mentioned above are just different forms of **processing**. There are as many ways to process information as there are individuals. Below are some examples of different methods of processing, but the challenge is for you is,

1. **To find the best methods that work for you.**
2. **Be able to change from method to method as the subject changes.**
3. **Be able to change from method to method as the material within each subject changes.**

Different ways of processing

- Notetaking:

1. Read a sentence or two.
2. Think about what it tells you.
3. Rephrase it in your own words.
4. Write it in bullet points
5. Say it out loud.
6. Hear it.

Which of these steps do you think is the most important?

It's actually number 2.

Why?

What does it do for us?

-Mnemonics:

These are word games that act as memory aids

-Mind maps

-Flashcards

Which is the best method? There is no definite answer. Everyone need to work to your own learning style.

1. **Find the best methods that work for you.**
2. **Be able to change from method to method as the subject changes.**
3. **Be able to change from method to method as the material you are studying changes.**

How Much Time Should You Spend Studying?

The quantity of time spent studying will vary between each of us.

It's about creating a habit, that way you'll do it automatically and know no different.

Some Tips:

- ✓ It might be easier to start off this routine with 2 or 3 subjects you find easier. It is always very hard, if not impossible, to start this habit using the most difficult subjects.
- ✓ After a while you can add in the subjects you find more difficult.
- ✓ Time slots do not have to be the same. They can vary depending on the amount of material in a particular topic.
- ✓ For languages, a lot of shorter time slots might be more effective than a few larger time slots, e.g. 4 x 10 minutes of speaking a language from Monday to Thursday, might be better than 40 minutes on Thursday.
- ✓ You are not expected to every subject every night. But every subject should be covered at least once a week.
- ✓ Whatever the length of each single session, 15 minutes, 20 minutes, 25 minutes, stop when you find yourself day-dreaming and not concentration. Take a few minutes break. Some of us take breaks because we deserve them – and this is perfectly Okay.

Taking a break allows us to recharge our batteries so that we can go back and do more work. Without taking the break continuing to work can be pointless because the work is not productive.

- ✓ Maybe, we only need to rest our brain and not rest our body. So try doing something that keeps you moving. Try doing something physical that gives our brain a break. Try going for a walk. Try kicking a ball, try shooting some hoops, try hitting a slioter, try walking the dog, try whatever works for you. It might be easier to return to the work if we only give the brain a break and keep the body moving.
- ✓ After you have established the routine of study, you might find that is better to do the work that requires greater concentration at the start of a session and leave the work that requires less concentration toward the end of a session- as you get more tired.

Organisation

Over time, we accumulate a large volume of notes, both paper and electronically. It's important to keep things organised and keep a filing system that works for your learning style.

Study Blocks

When we learn something new, we can become aware of our limitations and get frustrated with the gap between what we know and what we don't. We need to understand that what we are feeling is perfectly normal and that the uncomfortable feelings are a normal part of the learning experience. It gets easier as we progress through.

Important to focus on your effort and not on your results. This way you are more likely to continue to engage and progress.

You are more than just a student...

"Everybody is a genius.

But if you judge a fish by its ability to climb a tree,

it will spend its whole life believing that it is stupid"

Some of us can find school work, homework, and study very, very, hard. This can be normal. Is there something wrong with that person or is there something wrong with school?

School teaches and measures certain types of information and skills. It does not teach and measure all types of skills.

All of us have skills but sometimes we are in an environment that does not allow us to use or express these skills.

So, if your skills are not academic, are there other skills you are good at. Don't define yourself solely as a student. You are an individual and being a student is only one part of who you are. Don't forget about the following...

- ✓ Your determination to succeed
- ✓ Your enthusiasm and confidence
- ✓ Your energy to work long hours to achieve objectives
- ✓ Your determination to identify and find solutions to problems
- ✓ Your integrity, loyalty, and honesty
- ✓ Your commercial and entrepreneurial instinct
- ✓ Your initiative, creativity, and inventiveness
- ✓ Your ability to persuade and motivate others
- ✓ Your team spirit

- ✓ Your leadership qualities
- ✓ Your ability to help others
- ✓ Your empathy
- ✓ Your refusal to accept defeat
- ✓ Your sense of humour
- ✓ Your social responsibility
- ✓ Your skills to make friends
- ✓ Your independence
- ✓ Your ability to control impulse
- ✓ Your ability to tolerance stress
- ✓ Your optimism
- ✓ Your flexibility and adaptability
- ✓ And there are hundreds, and hundreds more, and some are unique to you...

***Remember, success is not about how smarts you are,
it is about what you are smart at... and it may not be academic
stuff.***

Other stuff going on in our lives:

All of our families have their ups and downs. We may have periods of difficulties with our relationships with our parents, siblings, or indeed our friends. We may even experience illness, illness of others, or bereavement, or other distressing events. Sometimes we can cope with these difficulties and not let them interfere with our school lives. Sometimes these difficulties can impact on how we do in school. If this is the case for you, you may need to reach out for help. Sometimes we cannot change the situation that is causing us stress. But we may only be able to change how we react to this situation. The situation you might find yourself in may be causing you to lose out on the present. However, might your reaction cause you to lose out on your future? If you find yourself unable to change how you are reacting to the situation, look for help. Talk to somebody. Talk to a trusted adult. Talk to a teacher. Talk to your Guidance Counsellor.