

# St Patrick's R.C. High

KS4 Study skills



ST PATRICK'S  
— Roman Catholic High School —





**Common revision mistakes or bad study habits:**

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# 1. Procrastination

Delaying the start of revision, leaving everything to the last minute

**Why it is bad:**

It leads to 'cramming' which is stressful and ineffective for long-term retention.

**Solution:**

Start early and follow a structured plan!





**Common revision mistakes or bad study habits:**

## 2. Cramming

Trying to learn everything in one or two intense sessions just before the exam

**Why it is bad:**

It overloads your brain and results in shallow learning that will fade quickly.

**Solution:**

Used spaced repetition to review knowledge over time for better long-term retention – “little and often”



**Common revision mistakes or bad study habits:**

## 3. Passive revision

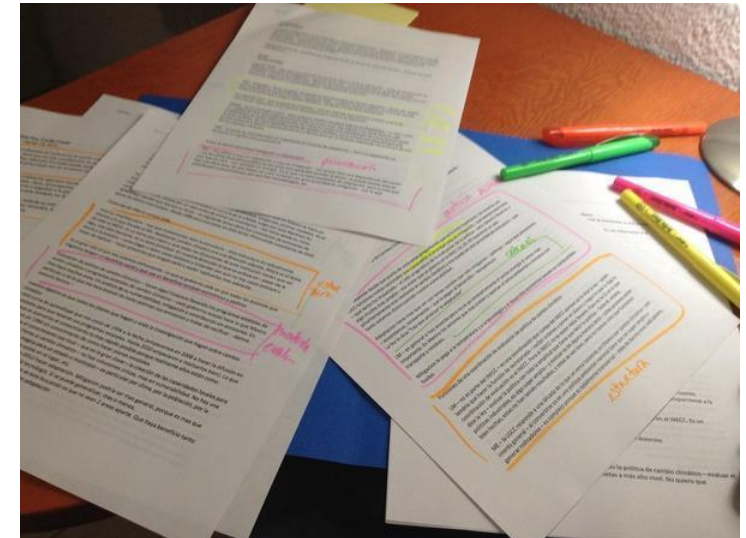
Relying on methods such as reading through notes, highlighting, watching videos without engaging deeply with the material

**Why it is bad:**

It does not challenge your brain to retrieve or apply knowledge – you don't remember

**Solution:**

Use active revision techniques like mind mapping, flash cards or retrieval quizzing



**Common revision mistakes or bad study habits:**

## 4. Multitasking whilst studying

Attempting to revise whilst checking your phone, listening to music or watching the TV

**Why it is bad:**

It divides attention and reduces focus leading to inefficient learning

**Solution:**

Create a dedicated distraction-free study environment and turn off your phone notifications



**Common revision mistakes or bad study habits:**

## 5. Overloading your schedule

Packing your revision timetable with too many topics or studying for long hours without break believing longer study sessions mean more effective learning

**Why it is bad:**

Leads to burnout, reduced concentration and productivity and it's ineffective

**Solution:**

Include regular breaks into your schedule to rest and recharge. E.g.

The Pomodoro Method: 25 – 5 - 25



**Common revision mistakes or bad study habits:**

## 6. Ignoring difficult topics

Spending most of your time on topics you are already good at and avoiding the ones you find more challenging

**Why it is bad:**

Leads to gaps in your knowledge

**Solution:**

Prioritise weaker areas while maintaining some time for revision of strengths





**Common revision mistakes or bad study habits:**

## 7. Avoiding feedback

Ignoring teacher feedback or not reviewing mistakes made in past assessments

**Why it is bad:**

Misses a chance to learn from your errors and improve

**Solution:**

Listen to your teachers and follow their advice. Review your QLAs, exam wrappers etc and use them to target weaker areas



**Common revision mistakes or bad study habits:**

## 8. Studying without a goal or a plan

Revising without a clear timetable or specific goals for your study session

**Why it is bad:**

Leads to wasted time and a lack of progress

**Solution:**

Create a realistic timetable with daily or weekly goals, and prioritise key topics in each subject



“  
**A GOAL  
WITHOUT  
A PLAN  
IS JUST WISH**  
”



# The St Patrick's Way:

Effective Study Skills

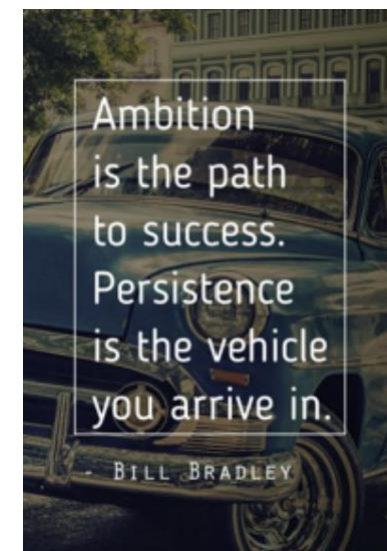
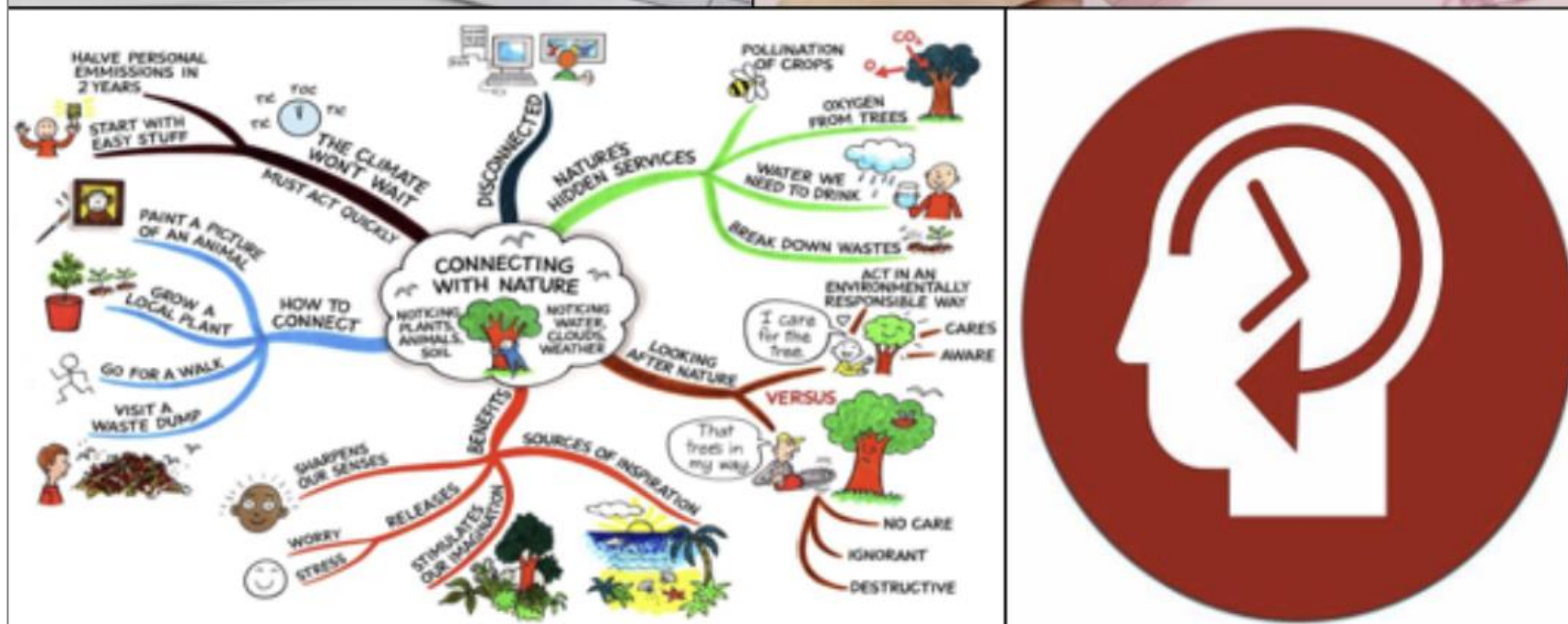






To support all of our students in becoming successful independent learners, we have adopted four key approaches to study skills and revision.

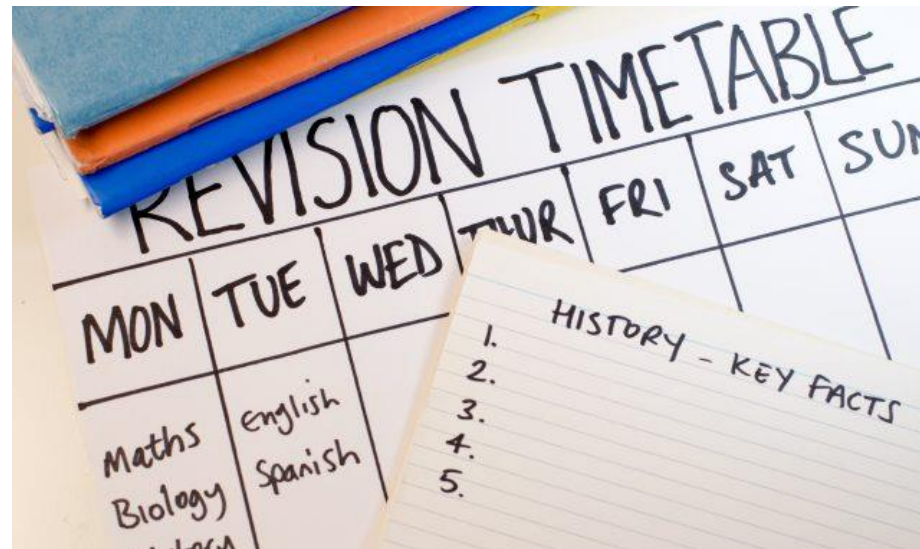
1. Revision timetables
2. Flashcards
3. Mind maps
4. Retrieval practice



# Revision timetables: Why?

A revision timetable is your **road map to academic success**. It's a structured plan that outlines how you will allocate your study time. It helps you to tackle your subjects systematically and can **provide a sense of control, reduce anxiety** and **boost your chances of retaining information effectively**.

By creating a revision timetable, you're setting clear expectations for yourself, establishing achievable milestones, and **effectively managing your time**.





# Revision timetables: How?

Start by identifying **WHEN** you will be able to set aside time for revision.

It is recommended at GCSE that you should aim to do an average of 2-3 hours per day (that equals 14-21 hours per week)

If you are currently doing **nothing**, build up your revision by following the schedule below:

Week 1 – 1 hour per day or 7 hours across the week

Week 2 – 1.5 hours per day or 10.5 hours across the week

Week 3 – 2 hours per day or 14 hours across the week

Week 4 – 2.5 hours per day or 17.5 hours across the week

Week 5 – 3 hours per day or 21 hours across the week

If there are days when you can't find the time for revision (because of sports training for example) then these hours need to go elsewhere in the week.... **Do not skip them completely!**



In school



Intervention



Study sessions at home

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00AM							
10:00AM							
11:00AM							
12:00PM							
13:00PM							
14:00PM							
15:00PM							
16:00PM							
17:00PM							
18:00PM							
19:00PM							
20:00PM							
21:00PM							

EXAMPLE

# Revision timetables: How?

Now make a **list of all of your subjects** and **identify the topic areas you need to prioritise** for your revision sessions. These might be topics you have recently studied that you have found challenging, or you might have had feedback from your teachers recently that tells you what your areas of focus should be.

In Maths for example, you complete a skills based homework each week – look back at your booklet, which are the topic areas where you are losing marks? Start with those!

In Languages you get set learning homework each week. Go onto your past assignments (if online) or revisit your homework booklets – this should help guide you with which areas to revisit.

# Revision timetables: How?

Here's an example of what this might look like:

Revision session plan			
Subject	Topic	Breakdown of topic	Done (RAG)?
Spanish	Family and relationships School Holidays	Vocabulary: Relationships / problems at school (Higher tier)	
		Listening exam skills: Relationships / problems at school (Foundation and Higher tier)	
		Reading exam skills: Relationships / problems at school (Foundation and Higher tier)	
		Speaking: Theme 2 questions - learn responses	
Maths	Algebra Ratio Probability	Algebra: Expanding brackets; Quadratic equations	
		Ratio: Direct and inverse proportion; Compound units	
		Probability: Correlation	

Some topics may take more than one revision session before you have ‘mastered’ it. Using a RAG system after each revision session will tell you how soon you need to revisit it:

RED: next session                      AMBER: next session                      GREEN: within 2 weeks



What do I do if I am unsure of what topic(s) I should be focusing my revision on in some of my subjects?

***Find out...ask your teacher(s) this week!***



# Remember!

Homework you are set in all subjects will fall into one of the following categories:

- a) Learning homework
- b) Application of knowledge
- c) Skills practice
- d) Coursework completion



All of this is important to help you build your knowledge and confidence over the next 18 months and get you exam ready by the summer!

***The point of homework is not simply to get it done, but to have learned something from it!***

# Revision timetables: How?

Next you need to ensure you cover **all of your subjects at least once per week**. You may want to dedicate more of your revision to those subjects where you feel the least confident, or where you have more knowledge to learn, but it is important not to leave any subjects out of your schedule.

Colleges, Universities and employers value people who have a **range** of good qualifications. This shows they are:

- Hard working
- Resilient
- Able to persevere and respond well to challenge
- Knowledgeable
- Able to prioritise their time effectively

**Remember – time spent on homework counts towards your study time!**



In school



Homework club



Study sessions at home

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00AM						Science	Maths
10:00AM						RE	French
11:00AM						History	English
12:00PM							
13:00PM							
14:00PM							
15:00PM	Homework club		Maths Intervention		Homework club		
16:00PM		History		Science			
17:00PM	Science	English	History	French	Drama		
18:00PM	French		Drama		Maths		
19:00PM							
20:00PM							
21:00PM							



Now  
What?

# Revision timetable: Takeaways

**Revision timetables only work if you use them, and stick to them!**

**Build up your revision hours over the next few weeks (aim for 14-21 hours per week)**

**If you skip a session, reschedule it for another day in the week (if not now, then when?)**

**Use your revision timetable with your revision session plan so you can keep on top of WHAT you should be revising and WHEN**

**Holidays from school, don't mean a holiday from revision! DO MORE!**



# Flash cards: Why?

Flashcards are one of the **most efficient and effective ways to study** and remember large volumes of information. Flashcards are designed to get you to pull the information from your memory rather than reading it in a revision guide or recognising it on a multi-choice quiz.

**Using flashcards is retrieval practice.** Evidence shows that active recall retrieval practice leads to **150% more retention** than passive studying (that means you remember 150% more information from memory)

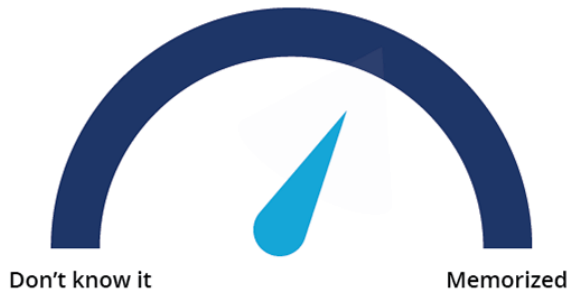
## Active recall

Think of the answer in your head



## Metacognition

Rate your confidence



## Spaced repetition

Continue a customized stream of flashcards



# Flashcards: How?

## **Side A**

1. Question

2. Key Word / Vocabulary

3. Character name

4. Causes / Effects of...

5.

Can you think of  
anymore???

Flashcards are best prepared using your revision guides, textbooks and/or your exercise books to ensure the information you use is accurate.

## **Side B**

1. Answer

2. Definition / Meaning

3. Quotation / Character development

4. Causes / Effects of...

5.

# Flash cards: How? The Leitner Method

The Leitner Method was first written about in 1972, when German scientist Sebastian Leitner described it in his book “How to learn to learn”. It is known for being a **powerful learning system for memorising information through the use of flashcards**. It is one of **the most efficient revision techniques** and over time, has gathered more and more **evidence** to prove its’ effectiveness.

## Box 1: Very often

- New learning
- Things I don’t know yet
- Learning that hasn’t stuck from Box 2

Cards in this box, are reviewed very often until you know them by heart – move to Box 2.

## Box 2: Often

- Things I know from Box 1
- Learning that hasn’t stuck from Box 3

Cards in this box, are reviewed often.

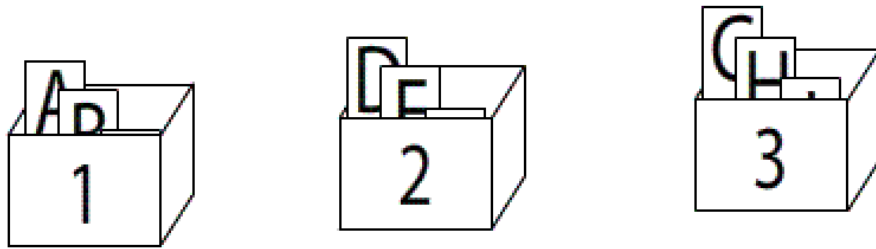
Cards that you know are moved into Box 3, any learning that hasn’t stuck goes back into Box 1.

## Box 3: Less frequent

- Things I know from Box 2

Cards in this box, are reviewed less frequently than Box 2 – but still reviewed at intervals. Any learning that hasn’t stuck goes back into Box 1.

# Session 1



## The Leitner Method

Advantages of using this method:

- ✓ It's simple to do (but it must be done consistently and regularly)
- ✓ It's completely self-directed learning so you can do this independently
- ✓ The only resources you need are flashcards (and your class notes / revision guide to help you make them)
- ✓ Your revision time will be more efficient – most time will be spent on the things you don't yet know
- ✓ Your progress over time will be visible to you

# Flashcards: Takeaways

**They are proven to be one of the best methods to learn new information...150% more!**

**Spending time making the flashcards is revision in itself!**

**Keep the notes on your flashcards simple – you may need to summarise or break down information onto multiple cards.**

**You don't need actual flashcards – pieces of paper can work just as well.**

**The Leitner Method will help you prioritise your study time, so you are mainly focused on the information you don't yet know.**



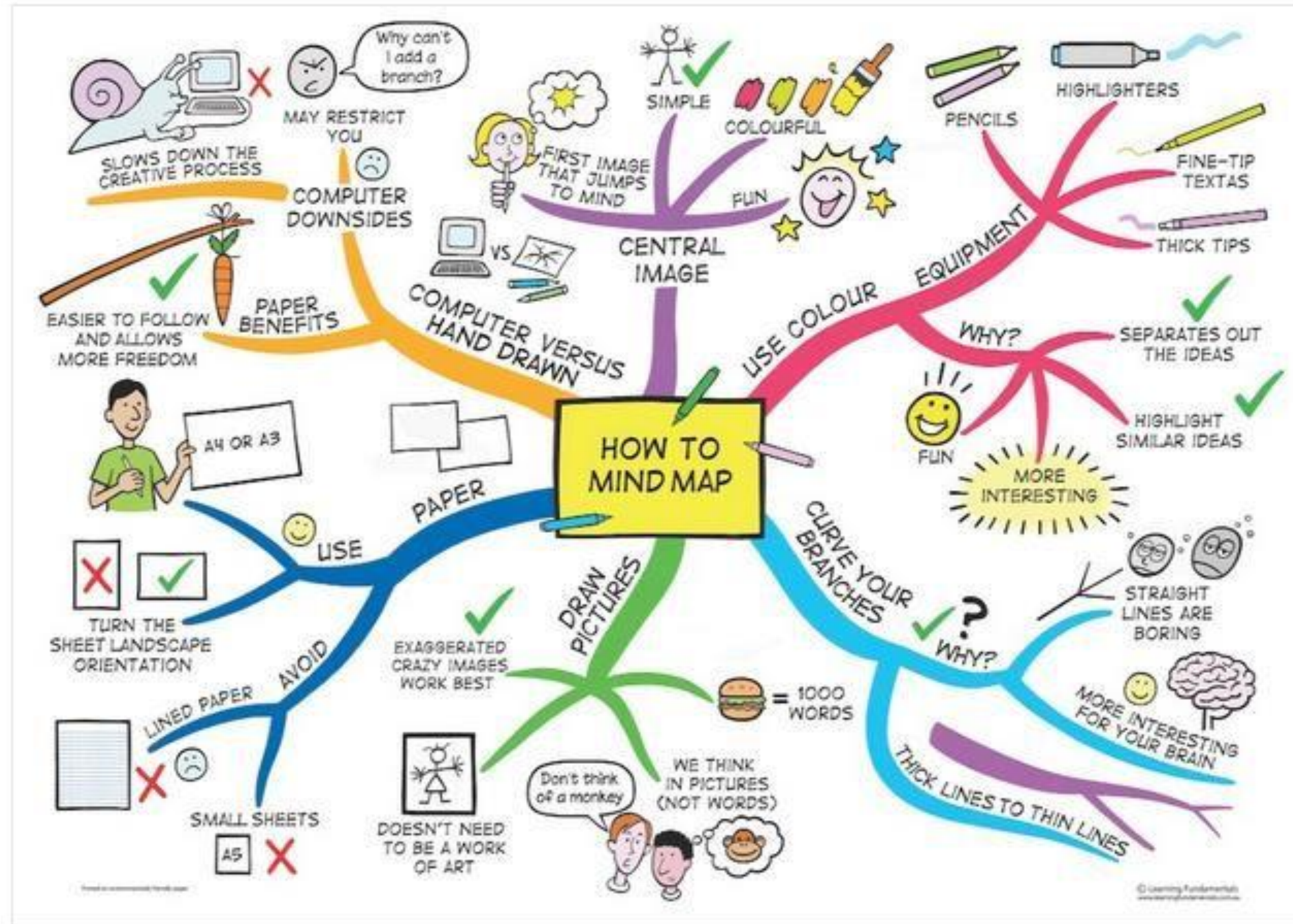
# Mind mapping: Why?

Scientific studies suggest a **10-15% increase in retention of information** when using mind maps as they **closely resemble the way in which our brains think**, by making connections between different concepts linked to a particular topic.

While classic revision notes are linear, mind mapping forces you to connect old and new concepts together – and that makes it easier for us to learn new information about a topic we are already familiar with.



# Mind mapping: How?



# Mind mapping: Takeaways

**Mind mapping helps you to retain 10-15% more information when used correctly.**

**They are an effective way to make links between different concepts around one topic area – just like the way in which your brain works!**

**Keep the notes on your mind maps simple – you may need to summarise or break down information from your revision guides / class notes.**

**You only need a (large) piece of paper and some pens / felt tips / highlighters.**

**Even just creating the mind map is a form of revision in itself!**

# Retrieval Quizzing: Why?

Retrieval practice is simply the act of recalling previously learnt information.

**The act of retrieval helps us to remember.**

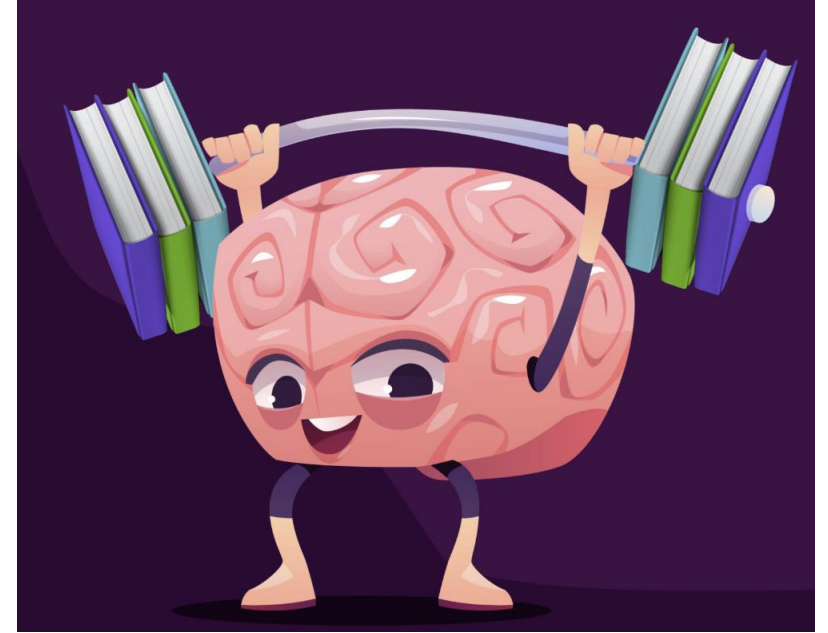
Retrieval practice in the form of quizzing has several **key benefits** that make it one of **the most effective study techniques** for long-term learning and exam preparation.

## **1. It strengthens memory recall**

Actively recalling information helps strengthen neuron connections in the brain, making it easier to retrieve the same information later.

Each successful retrieval, reinforces your ability to remember the material.

Retrieval quizzing can be done in various ways including the use of flash cards or online learning platforms such as Seneca



# Retrieval Quizzing: Why?

## **2. It enhances long-term retention**

Repeatedly practicing retrieval over time helps transfer knowledge from your short-term memory to your long-term memory.

This process is much more effective as a revision tool than passive activities such as reading through notes, or copying out information.

## **3. It identifies your knowledge gaps**

Quizzing helps you to discover which topics you know well, and which areas need more attention. It ensures a more focused and efficient revision process.





# Retrieval Quizzing: Why?

## **4. It boosts exam confidence and helps to develop exam-ready skills**

Regular retrieval practice reduces your anxiety by familiarizing you with the process of recalling information, similar to an exam situation.

The more you practice, the more confident you feel in your knowledge.

Small successes, like getting answers right can boost motivation and morale.

Quizzing mirrors the conditions of an actual exam, preparing you to retrieve and apply information from memory under pressure.

It trains you to organize and articulate your knowledge effectively.



# Retrieval quizzing: Takeaways

**Retrieval quizzing is a powerful evidence-based study technique**

**It is proven to improve memory, understanding and confidence**

**It is easy to incorporate into your study routine**

**It leads to better academic performance**

