

St Patrick's R.C. High

KS3 Homework & Study skills



ST PATRICK'S
— Roman Catholic High School —



Why this? Why now?

We are seeing a growing number of behaviour logs linked to homework, and assessment data over time, shows that some pupils struggle to recall previously learned information as well as they could.

We want to help all pupils to fulfil their academic potential and therefore we recognise the need for support with understanding the importance of home learning and the role it plays in their developing understanding of the Curriculum.

Furthermore, we want to help our pupils to become successful independent learners by teaching them some proven study techniques that they can use in preparation for assessments.



Common mistakes with completing homework and revision:

Common mistakes with completing homework and revision:

1. Procrastination

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

Why it is bad:

It leads to 'cramming' which is stressful and ineffective for long-term learning. It can also mean that homework and assessments do not show your teacher what you know, can do, and what you don't know yet

Solution:

Start early and follow a structured plan!



Common mistakes with completing homework and revision:

2. Cramming

Trying to learn everything in one or two intense sessions just before an assessment or doing homework the day before, or even worse on the day it is due.

Why it is bad:

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

Solution:

Take the “little and often” approach when it comes to completing homework and revision for assessments



Common mistakes with completing homework and revision:

3. Multi tasking whilst studying

Attempting to complete homework or revise whilst checking your phone, listening to music or watching the TV - or doing it in the noisy canteen at school!

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 mistakes with completing homework and revision:

4. Overloading your schedule

Packing your study timetable with too much 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 mistakes with completing homework and revision:

5. 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 mistakes with completing homework and revision:

6. Avoiding feedback

Ignoring teacher feedback or not reviewing mistakes made in past homeworks and assessments

Why it is bad:

Misses a chance to learn from your errors and improve

Solution:

Listen to your teachers and follow their advice. This will help you to improve and reach your potential



THE ST PATRICK'S WAY

EFFECTIVE STUDY SKILLS

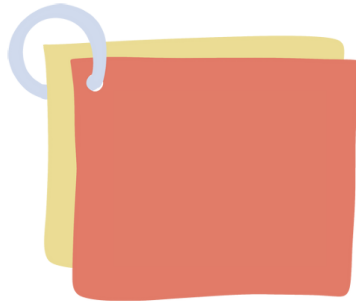


To support all of our students in becoming successful independent learners, we have adopted these four key approaches to homework, study skills and revision.

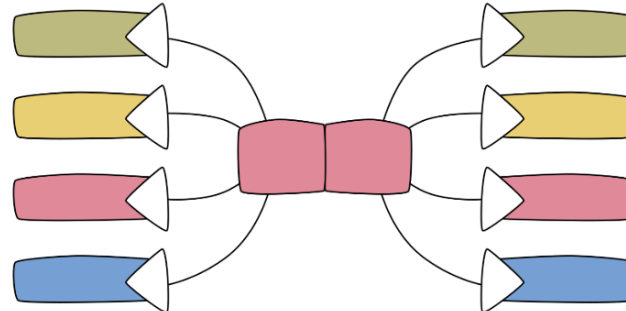
Study Schedule



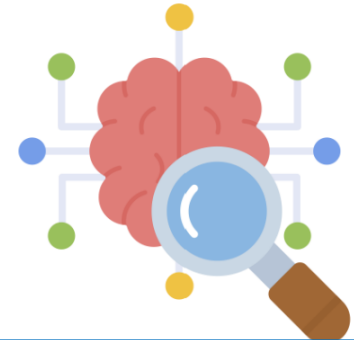
Flash Cards



Mind Maps



Retrieval Practice



Study schedules – how?

Plan your study around your weekly commitments. Be realistic about what can be achieved. Be careful not to overload your schedule as this could lead to 'burn out' and that doesn't feel great!

It is recommended at KS3 that you should aim to do an average of 1 hour of homework and/or independent study per subject each week.

That equates to around 10 additional hours of home learning every week!

That might seem like a lot, but spread that out over 7 days, and it works out at just under an hour and a half each day.

Study schedules – how?

Start by identifying when you are going to set aside time for your homework and/or study.
Block out the time first, then we can fill in the details later!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00							
10:00						Study	Football
11:00						Study	
12:00							
1:00						Football	
2:00							
3:00							
4:00		Study					
5:00	Study	Study	Football	Study			Study
6:00				Study	Study		Study
7:00							

Study schedules – how?

Now you have identified **when** you will complete your homework and independent study, you need to think about **what** you have to do in each of those study periods. Write a list of **all** of your subjects, and the day on which homework is usually set in that subject:

Subject	Homework Day	Submission?	What?	How?
Maths	Monday	1 week	Booklet	1 hour weekly
English	Wednesday	1 week	Seneca	1 hour weekly
Science	Tuesday	2 weeks	Booklet	1 hour weekly
RE	Thursday	1 week	Booklet	1 hour weekly
French/Spanish	Wednesday	1 week	Booklet & Languagenut	2 x 30 mins weekly
History	Friday	1 week	Booklet	1 hour weekly
Geography	Monday	1 week	Various (check Class Charts)	2 x 30 mins weekly
Digital IT	Friday	1 week	Booklet	1 hour weekly

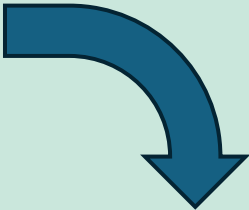
Think about whether a one-hour study session is appropriate, or whether two smaller sessions would be best. Unsure? Ask your teacher(s) this week!



Study schedules – how?

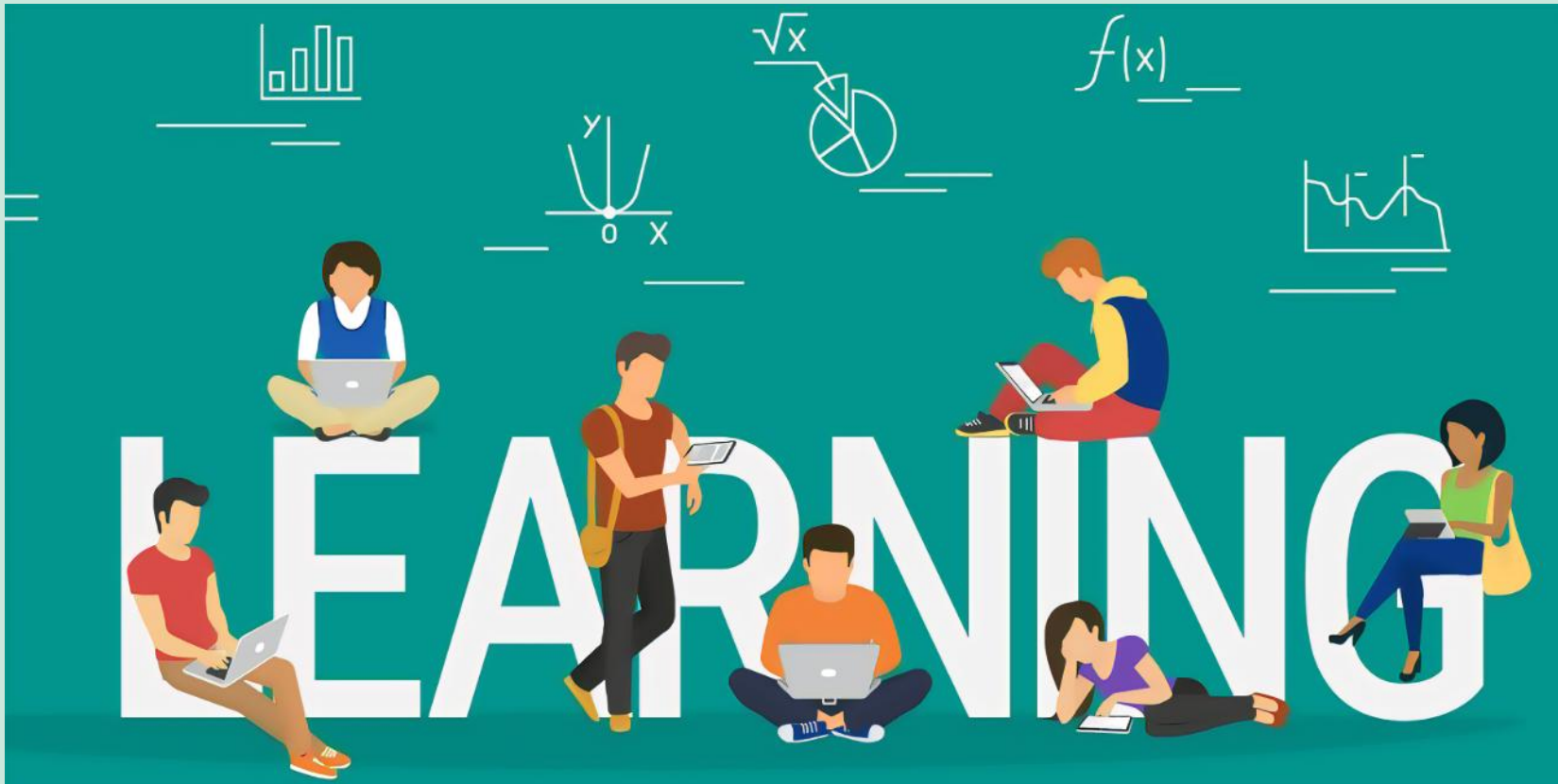
You are now ready to begin filling in your study schedule with all of your different subjects. Even if you do not get set homework in a subject one week, use that time for some independent revision and study.

Subject	Homework Day	Submission?	What?	How?
Maths	Monday	1 week	Booklet	1 hour weekly
English	Wednesday	1 week	Seneca	1 hour weekly
Science	Tuesday	2 weeks	Booklet	1 hour weekly
RE	Thursday	1 week	Booklet	1 hour weekly
French/Spanish	Wednesday	1 week	Booklet & Languagenut	2 x 30 mins weekly
History	Friday	1 week	Booklet	1 hour weekly
Geography	Monday	1 week	Various (check Class Ch	
Digital IT	Friday	1 week	Booklet	



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00							
10:00						IT	Football
11:00						Music	
12:00							
1:00						Football	
2:00							
3:00							
4:00		Science					
5:00	Maths	English	Football	Span/Geog			RE
6:00				Technology	History		Span/Geog
7:00							

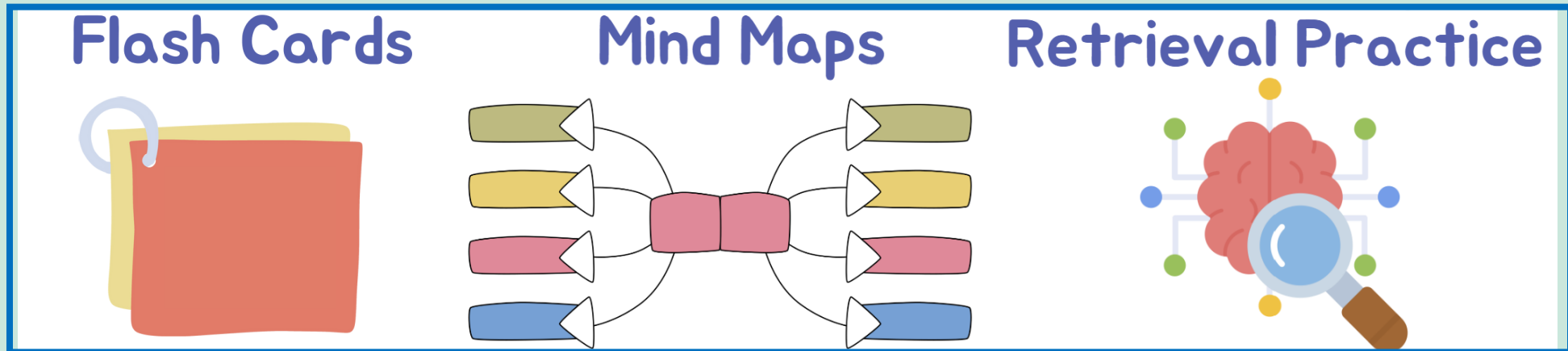
THE ST PATRICK'S WAY EFFECTIVE STUDY SKILLS



How to learn effectively!

The next part of the session will focus on proven learning techniques that are backed by science! All of the techniques we will teach you will help you to learn subject specific information effectively.

If you use these study techniques you are guaranteed to **know more**, **remember more** and be able to **do more** in all of your subjects!



THE ST PATRICK'S WAY

EFFECTIVE STUDY SKILLS



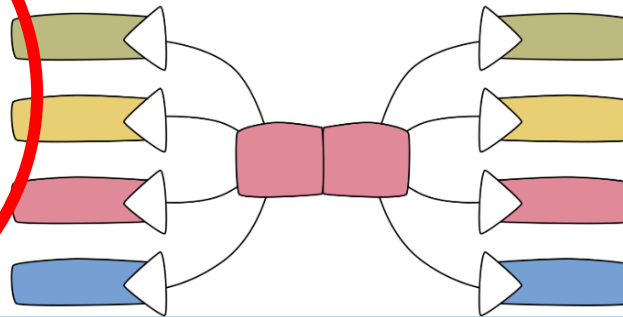
Study Schedule



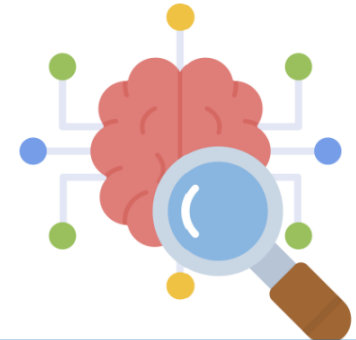
Flash Cards



Mind Maps



Retrieval Practice



“Be who God meant you to be and you will set the World on fire”

Saint Catherine of Siena

Flashcards– why they work:

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 your class book 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)!



Flashcards – How? The Leitner Method

The Leitner method is a way of using flashcards effectively. It helps you to prioritise what you don't know yet by sorting the cards into 3 piles.

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

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.

By revisiting less secure knowledge more often, you are more focused in your study and can feel less overwhelmed.

THE ST PATRICK'S WAY

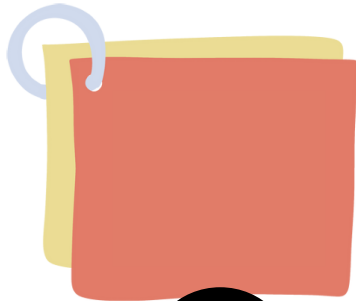
EFFECTIVE STUDY SKILLS



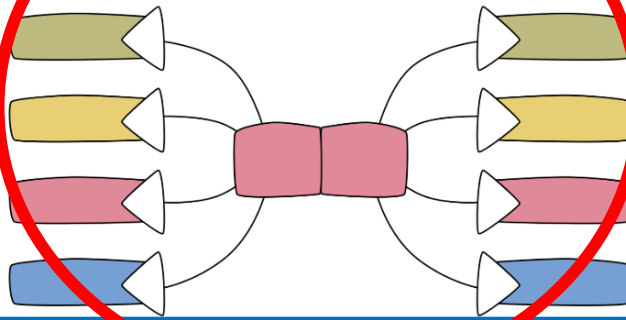
Study Schedule



Flash Cards



Mind Maps



Retrieval Practice



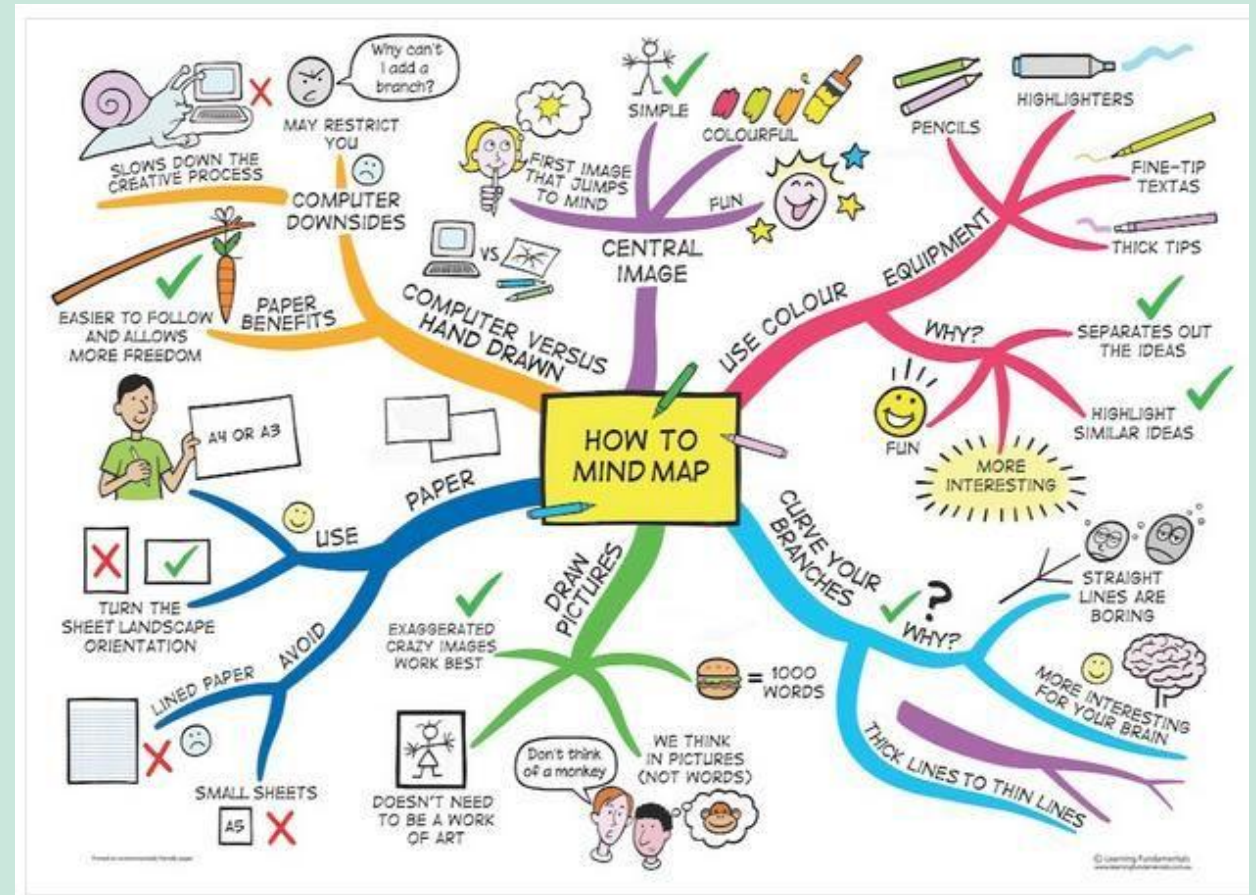
“Be who God meant you to be and you will set the World on fire”

Saint Catherine of Siena

Mind maps – why they work:

Mind maps mirror the way in which our brains think. which makes them the perfect study tool for remembering how ideas or concepts within a topic link together. They are most effective when hand drawn, using different colours for each section and contain a summary of the most important bits of learning.

Here's a mind map on how to mind map!



THE ST PATRICK'S WAY EFFECTIVE STUDY SKILLS



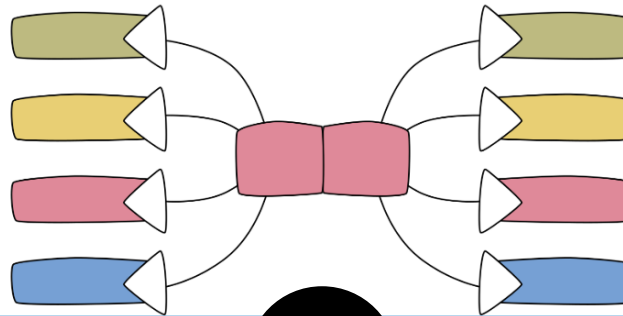
Study Schedule



Flash Cards



Mind Maps



Retrieval Practice



“Be who God meant you to be and you will set the World on fire”

Saint Catherine of Siena

Retrieval practice – why it works:

Retrieval practice is simply the act of recalling previously learnt information. **Repeatedly** practicing retrieval over time helps to transfer knowledge from the short-term memory into the long-term memory by strengthening neuron connections in the brain, making it easier to recall the same information at a later date!

Lots of **online learning platforms** use retrieval style activities to test your knowledge and highlight what you still need to learn. Here are some of the ones used in school:

- [senecalearning.com](https://www.senecalearning.com) (various subjects)
- [mathswatch.co.uk](https://www.mathswatch.co.uk) (Maths)
- [corbettmaths.com](https://www.corbettmaths.com) (Maths)
- [langaugenut.com](https://www.langaugenut.com) (French and Spanish)
- [blooket.com](https://www.blooket.com) (various subjects)

