

Study Skills

Part 1- How do we Learn?

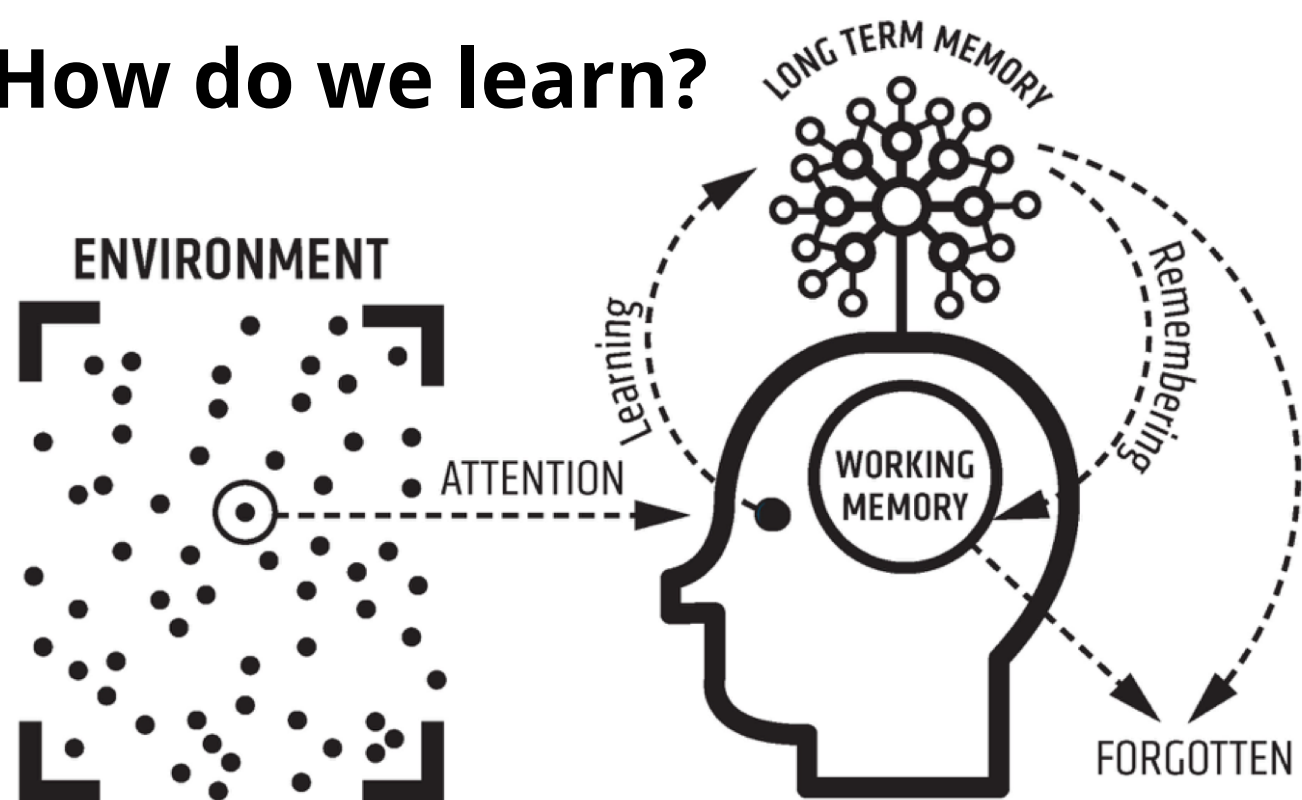
What is learning?

Put simply, learning is the process of memory change where we go from not knowing or being able to do something, to knowing or doing independently.

The learning gap is often experienced by pupils who understand the new information in school or with support. However, pupils may struggle to show this learning independently such as in an exam situation.

Understanding how we learn and effective study techniques can help pupils to bridge this gap, become more independent learners and achieve exam success.

How do we learn?

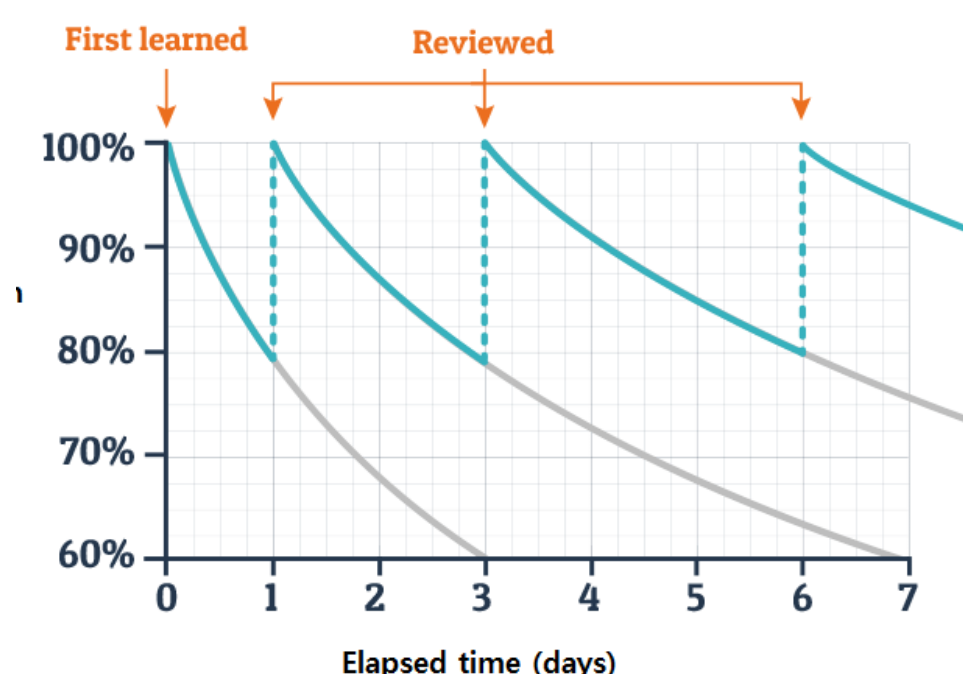


Everything we experience, we take into our working memory. This is limited and can only hold so much information. This is often the memory pupils use when they 'cram'. We forget easily from our working memory.

To learn we need to move something into our long term memory and keep using this information regularly.

How does memory work?

When we learn new information it is easily forgotten. We may retain a few key principles, but the specifics and detail are lost.

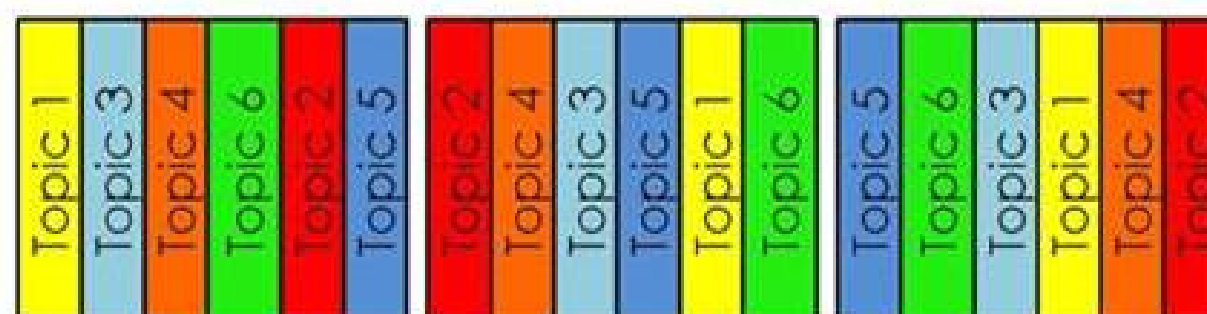


Each time we retrieve and revise information, we retain more of it for longer and the forgetting curve decreases. This is best spaced out over time.

Reading over notes may feel like revision, but to remember we need to do something with the information- like a quiz or a test.

How can I organise my revision?

Often, our study involves starting at the beginning and working chronologically through activities. Sometimes this needs to be done as one concept builds on another.



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However, this can result in us 'over-learning' the initial topics, which can then lead to a 'false confidence' in our abilities with the whole course.

Revision is most effective when subjects and topics are mixed, allowing for regular retrieval of learning.

Parents & Carers-

Check out this advice from the NHS about how to Help your child beat exam stress

NHS