

Study Strategies to Boost Learning

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Late night study Scene in
Jennifer's Bedroom

Night before her MYE

Cramming as much info

Re-Reading through her
notes and highlighting,
making more notes

Sounds Familiar?

Is it Effective?

Your Struggles

1. Time management.
2. **Don't feel like studying -
Driven by Emotions**
3. **Lack of study skills**
4. **Don't know about what you
don't know**
5. Not motivated
6. **Teacher dependent**

Focus for this Session:

How might we help students learn content and pick up skills which will promote efficient studying to support robust learning.

So what works?

Method 1

Testing yourself

Method 2

Distributed Practice

Method 3

Interleaved Practice

Method 1: Testing yourself

What is it?

Self-testing or taking practice tests to check on knowledge

*e.g. Practice papers, using Flash cards etc **[Not Just for grade]***

Method 1: Testing yourself

Benefits?

- Make stronger connections
- More engagement

Method 1: Testing yourself

How?

- Make flash cards
- Practice (TYS, practice papers, worksheets)

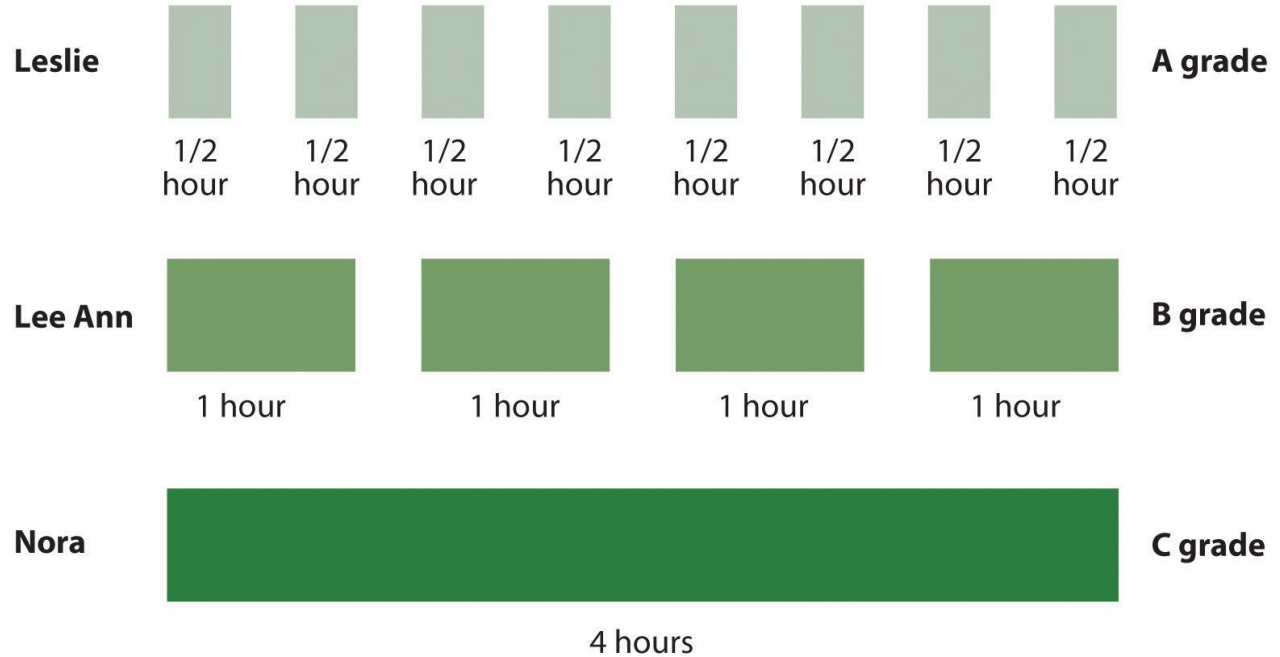
Method 2: Distributed Practice

What is it?

Implementing a schedule of practice that spreads out study activities over a period of time. Works better than Cramming!
(Brain Friendly)

Method 2: Distributed Practice

Herman Ebbinghaus, 1885
Geoffrey Keppel, 1967



Outcome: The students in the **Distributed Practice** group displayed a higher memory retention than those in **Massed Practice** group.

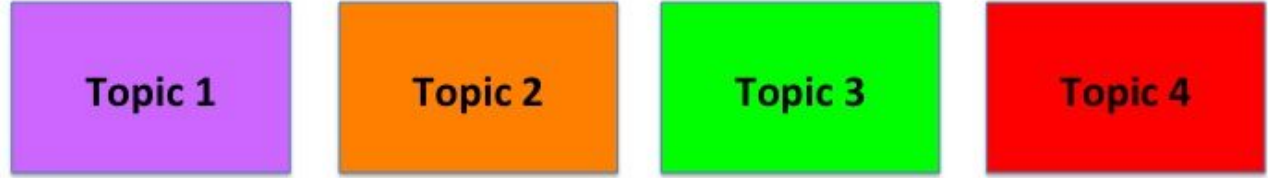
Method 3: Interleaved Practice

What is it?

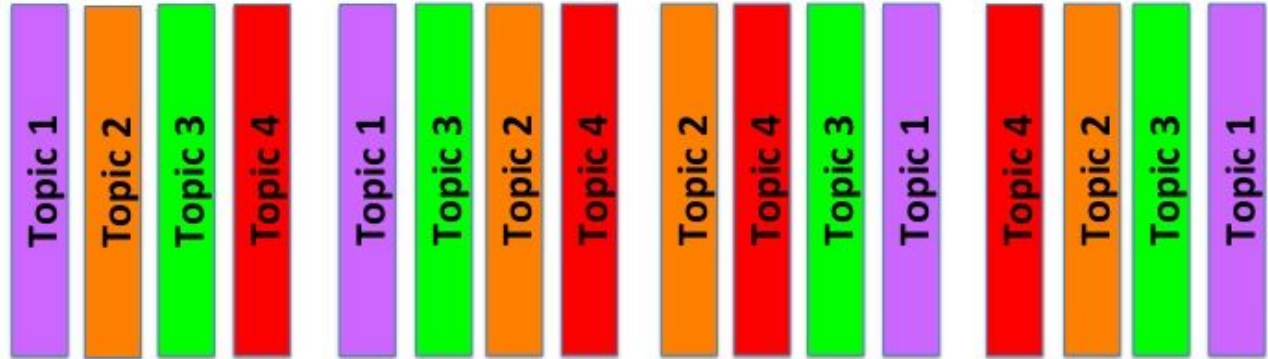
Implement a schedule of practice that mixes different kinds of problems, or a schedule of study that mixes different kinds of material, within a single study session.

Method 3: Interleaved Practice

Mass Practice



Interleaved Practice



In short: Effectiveness of Study Strategies Reviewed

Technique	Effectiveness Level
1. Practice testing	High
2. Distributed practice	High
3. Interleaved Practice	Moderate

Technique	Effectiveness Level
1. Rereading	Low
2. Highlighting and underlining	Low
3. Summarization	Low

What can you do to help yourself? [Students]

1. Doing the same thing will get the same results.
2. Know your weaknesses → check with your teachers

Example:

Is it that they cannot remember facts —→ memorising techniques

Is it application of concepts —→ Not sure how to apply, or misconception?.

3. Remember your weakness.

What you can do to support your child?

1. **Time Practice:** Helping your child with time practice. E.g. Segmented parts of the papers or fixed number of questions within a certain time limit.
2. **“Taking a break isn’t Sinful”** [Recall Distributed Practice]
3. Helping your child with the schedule/planning (check if he/she has one)

A Positive Study Environment



The Study Space

- Dedicate the space to learning.
- Organize your space

The Study Space

- **Dedicate the space to learning.**
 - Try to create a space where it is only used for studying.
 - Comfortable chair and a table of an appropriate height.
 - White light that is not too glaring.
 - Quiet with as little distractions
 - Personalize with motivational posters or phrases.
 - Study plan / Timetable / Checklist

The Study Space

- **Organize your space**
 - Only the study materials needed for the subject should be on the table.
 - Stationary should be available at the Study Space.
 - Storage and files for different subjects

The Physical Support

- Food and Snacks
- Exercise
- Sleep and Rest

The Physical Support

- **Food and Snacks**

- Don't snack while studying. If you need to snack, stop to take a break to snack.
- Some suggested brain food:
 - Green Leafy vegetables
 - Fish with omega-3 acids (Like Salmon)
 - Dark Chocolate (Not Milk chocolates)
 - Walnuts
 - Fruits (Blueberries)

The Physical Support

- **Exercise**

- Keeps the mind active and awake
- Helps to destress
- Increases stamina (Including studying stamina)
- Can be short 5-10 minute workouts.
- Short 5-10 minute brisk walking

The Physical Support

- **Sleep and Rest**

- 7-8 hours of sleep recommended
- Regular sleeping Times (sleep at 11pm, Wake at 6am)
- Will help your child to focus the next day for lessons
- Will not feel sleepy during exams

The Emotional and Mental Support

- Motivation
- Emotional Support
- Keeping them Focused

The Emotional and Mental Support

- **Motivation**

- Talk about your child's aspirations or post-secondary options. Get them excited.
- Share your own experiences.
- Use the MySkills Future Portal together with your child.

The Emotional and Mental Support

- **Emotional Support**

- Identify obstacles and tackle these obstacles together with your child.
- Be a sounding board for your child. (Listen to their frustrations and challenges)
- Acknowledge and celebrate their achievements, even if its small.

The Emotional and Mental Support

- **Keeping them focused**
 - Positively remind them of their end goals
 - Take away their phone during their study time.
 - Encourage them to NOT to listen to music during studying.
 - Get the whole family to cooperate by not being distracting.

Alone we can do so little,
together we can do so **much**

- Helen Keller

