



Strathaven Academy

Study Planning





Things to remember:

1. **You will develop your own personal approach to study and learning** in a way that meets your own individual needs. As you develop your study skills you will discover what works for you, and what doesn't.
2. **Study skills are not subject specific** - they are generic and can be used when studying any area. You will need to understand the concepts, theories and ideas surrounding your specific subject area. To get the most out of your studies, however, you need to develop your study skills.
3. **You need to practise and develop your study skills.** This will increase your awareness of how you study and you will become more confident. Once mastered, study skills will be beneficial throughout your life.

Getting started:

Get organised! Make a plan for what you are going to do and when you are going to do it

Divide it up. Studying isn't enjoyable for everyone at first, and trying to force yourself through a study marathon won't work. Divide it up into manageable chunks and reward yourself which will make studying more bearable

Sleep! Don't underestimate the importance of being well rested before you start. This will improve your concentration and working memory. Switch off the devices and get some well-earned rest

Set a timetable. Do you work better straight after school or after you've had dinner? Are you more productive doing 90 minute sessions or half hour spurts? Find a plan that works for you and stick to it

Take notes. Taking notes will keep you more engaged in class and will help you narrow down where you really need to focus your studying. It is much easier to re-read notes than an entire textbook!

Manage your study space. Find a space that will maximise your productivity. Look for somewhere where there are no distractions such as tv, people chatting or the temptation to play with your phone. Avoid social media when studying

Ask questions. You are in school to learn, don't be afraid to ask for help, it's the only way to be sure you understand the content.





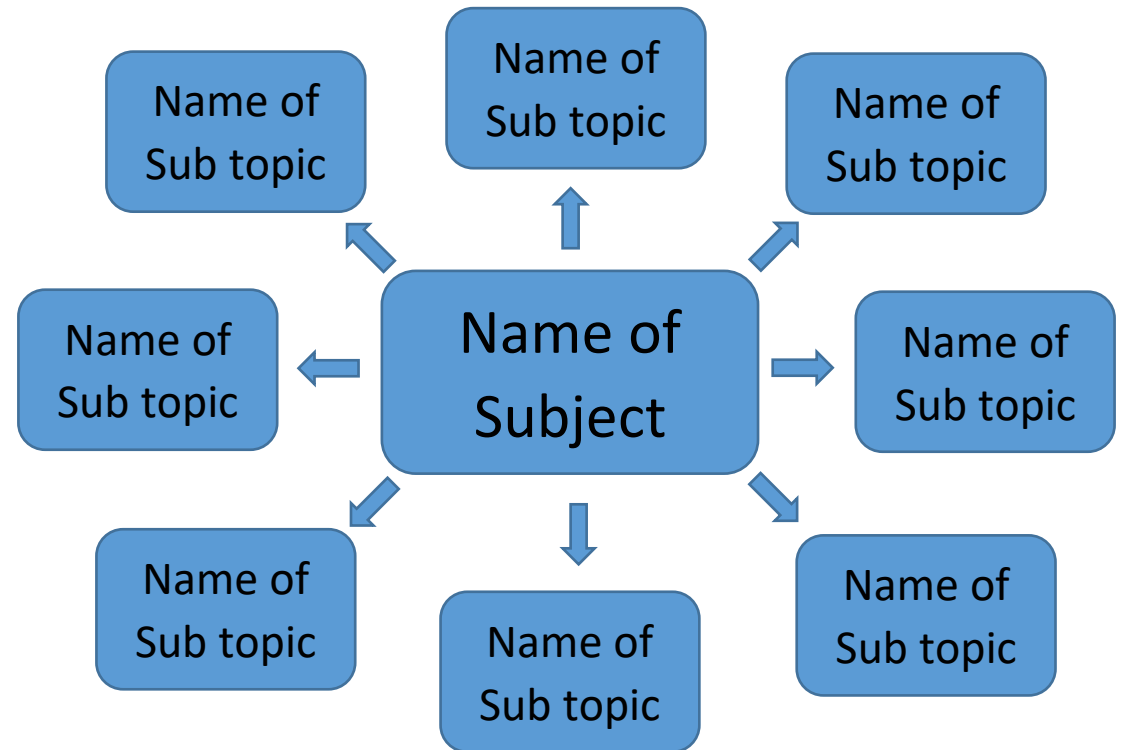
Making a study plan:

1. Make a list of the subjects you need to study
2. Figure out what you need to do for each subject or exam, maybe use a mind map for this
3. Prioritise what you need to do, rank each subject 1-7, 1 – the subject you need most work on and 7 – the subject you feel most comfortable with
4. Divide available time during the week into study blocks
5. Reserve time for non-academic activities. You need time to unwind so should still attend sports training, music lessons etc.
6. Make the most of your time away from studying to relax, talk to friends and unwind
7. Be realistic with your expectations
8. Share your study plan with people at home to ensure you can be supported as best as possible at home and so they will know when, where and what you are meant to be doing





Subjects	Rank
1.	
2.	
3.	
4.	
5.	
6.	
7.	



STUDY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							





Revision timetables

The above revision timetable may not be suited to every pupil. There are different examples of other revision timetables online you can look at and decide which is best suited to you. If you make one and it doesn't work adapt it and change, don't keep trying to stick to something that doesn't work.

Support for Learning

If you require additional support within class, otherwise known as ASNs, the Support for Learning Team invite you to join our 'Support for Learning' Google Classroom. Unlike in other subject-specific Google Classrooms, there is no requirement to do work! Rather, it contains some helpful information like how to understand and use assistive technology e.g. Text to speech software or helpful websites that can help you strengthen your grasp of literacy and numeracy at home.

If you would like to join, or to get some advice about how the Support for Learning team can support you further, go and see them in the Support for Learning Department.

We wish you the best of luck in preparing for your assessments!

