



# Year 11 Parents' Information Evening

## Effective Learning Habits – A.Di Paola

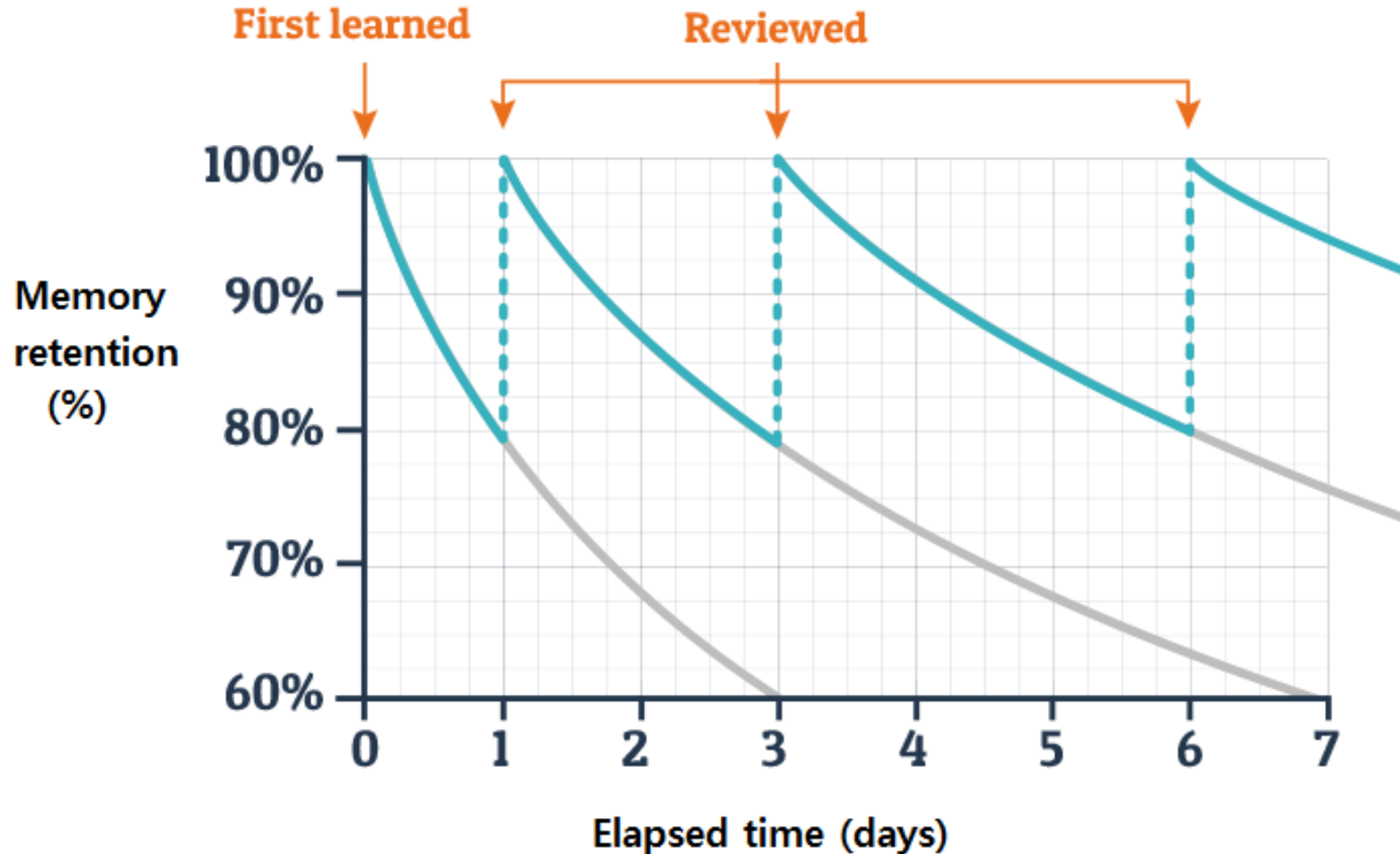


# Five Strategies to Build Effective Learning Habits



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~~Reading Notes~~

~~Highlighting Notes~~



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### **(1) Retrieval Practice**

- Recall information from memory and testing yourself
- Memory is strengthened by the act of recalling information



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- Quizzing
- Brain dump
- Exam questions  
and Past Papers



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What is alliteration?

**Alliteration** is when a sound is repeated over two or more words.  
e.g. Donate to deserving causes.

What is an expert opinion?

An **expert opinion** is when the writer quotes a professional point of view.  
e.g. Professor Smith says that "..."

**Self-quizzing with flash cards**



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### (2) Revision lists

A list of topics that need to be revised for an exam or subject.

Pupils will be given them by their teacher for their subjects.

Use **red**, **amber**, and **green** to show what has been learned securely and what still needs revision.

Developing skills, techniques and motivation			
	Green	Amber	Red
<b>Description and application of these methods of skill learning using practical examples:</b>			
• Practice/rehearsal (e.g. to repeatedly practise your shooting in basketball)	Green	Amber	Red
• Copying others and the use of appropriate role models (e.g. to watch a demonstration of an arabesque in gymnastics carried out by an expert gymnast)	Green	Amber	Red
• Trial and error (e.g. to try a backhand volley in tennis and to learn from your mistakes when playing the shot).	Green	Amber	Red
<b>How each of these can motivate participants to follow an active, healthy lifestyle:</b>			
• Intrinsic feedback	Green	Amber	Red
• Extrinsic feedback	Green	Amber	Red
• Knowledge of results	Green	Amber	Red
• Knowledge of performance	Green	Amber	Red
<b>Description and application of these motives using practical examples:</b>			
• Intrinsic motivation	Green	Amber	Red
• Extrinsic motivation	Green	Amber	Red
<b>Description and application of goal setting with practical examples:</b>			
• To optimise performance	Green	Amber	Red
• To ensure exercise adherence	Green	Amber	Red
• To control anxiety	Green	Amber	Red
<b>Description and application of these components with practical examples:</b>			
• Specific	Green	Amber	Red
• Measurable	Green	Amber	Red
• Achievable	Green	Amber	Red
• Realistic	Green	Amber	Red



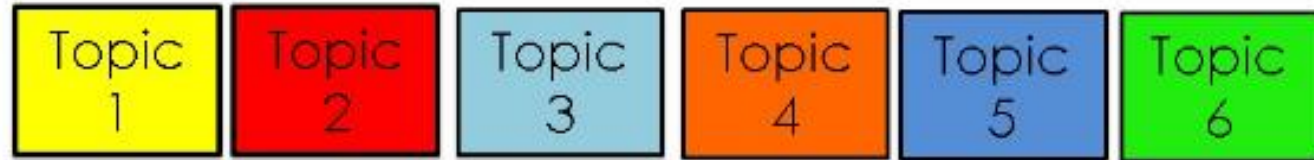
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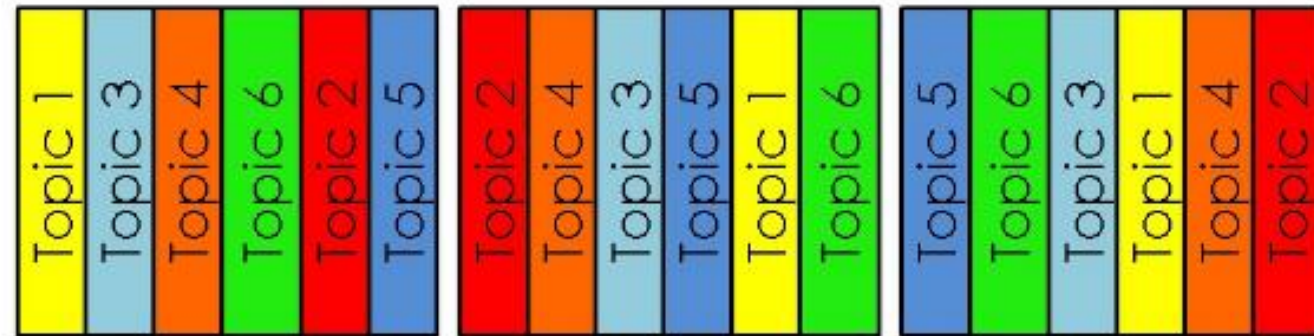
### (3) Spaced Practice and Interleaving

- Short, manageable blocks of time – **30 minutes per session**
- Spread out over time to avoid **cramming**
- **6x30 minute** blocks of revision of a subject is more effective than **one three hour** block of revision

**DON'T**



**DO**







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### (4) Effective Revision Timetable

- Revision works best when it is little and often – 30 minute chunks
- Plan for one week at a time
- Fill in specific revision tasks

FREETIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
- Watch french TV shows - Listen to french radio/music - clean room	Revise all topics in P1a Revise english language techniques Revise all C1a topics Make ICT revision posters Theme 1 Revision Religion and science Mass media French vocab	Medical Ethics Mass Media Revise all C1b topics Theme 1 flash cards Revise all topics in P1b Re-read of Nice and Men. Maths any topic French vocab	Medical Ethics Create mind maps on themes in OMAM Revise all C2a topics Make ICT revision posters Theme 2 Revision Revise all topics in P2a Studying Society	Revise all topics in P2b Revise all C2b topics Theme 2 flash cards Studying Society Religion and war Maths any topic Revise Poems and language techniques.	Make flash cards for ICT Education Maths any topic French vocab Revise all topics in P3a Revise over poems. Revise all C3a topics Theme 3 Revision	Education Tutor Session Revise all C3b topics Make ICT flash cards Theme 3 flash cards French vocab Revise all topics in P3b Create mind maps on characters in OMAM.	Cover again any topics you struggled with. Maths Past paper French Past papers. Cover again any topics you struggled with. Make ICT posters.

**Key:**  
Sociology Geography  
Chemistry Maths  
Physics  
French  
ICT  
English  
RS

# (4) Effective Revision Timetable

(1) Record Home Learning tasks in Fairfax

(2) White – Fill in non-study commitments

(3) Green – Fill in Home Learning tasks

(4) Yellow – Fill in revision tasks

## Elevate Study Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00	TAP DANCING	PIANO	HOMWORK: -ECONOMICS	PIANO	RELAX	9-11 AM HOCKEY MATCH	
4:00	↓ ↓ ↓ ↓	↓ ↓ ↓ ↓	-BUSINESS -MATHS	HOCKEY TRAINING	RELAX	↓ ↓ ↓ ↓	10AM BREAKFAST WITH K.M.M.
5:00	DINNER	DINNER		↓ ↓ ↓ ↓	DINNER	11AM NOTEMAKING PLANNER	↓ ↓ ↓ ↓
6:00	HOMWORK: MATHS	HOMWORK: -MODERN	DINNER	DINNER	GET READY	-BUSINESS -MATHS	12PM HOMEWORK
7:00	WK1 NOTES: ENGLISH	-MATHS	WK1 NOTES: ECONOMICS	HOMWORK: -MATHS	JED'S BIRTHDAY	11AM PRACTICE Q'S MODERN	-ENGLISH -ECONOMICS -MODERN
8:00	KEEPING UP WITH THE KARDASHIANS	WK1 NOTES: MODERN	EXTRA READING: ECONOMICS	-BUSINESS V-ECO		PRACTICE Q'S ECO	4pm RELAX
9:00	READ ENGLISH TEXT: HAMLET	EXTRA READING: MODERN	ENGLISH TEXT: HAMLET	EXTRA READING: BUSINESS		4PM RELAX	6pm DINNER
10:00		READ ENGLISH TEXT: HAMLET				6PM DINNER AT GRANDMA'S	7PM SO YOU THINK YOU CAN DANCE
11:00					↓ ↓ ↓ ↓	↓ ↓ ↓ ↓	↓ ↓ ↓ ↓
12:00							



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### (5) Learning Environment

#### Where?

- Any quiet space at home (kitchen table / desk in bedroom)
- Droylsden (study pods) and Ashton library

#### When?

- Create a routine for each day – **3 weeks to form a habit**
- Work out what works best for you
- Build in time for rest and relaxation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00	TAP DANCING ↓ ↓ ↓ ↓	PIANO ↓ ↓ ↓ ↓	HOMWORK: -ECONOMICS ↓	PIANO ↓ ↓ ↓ ↓	RELAX ↓ ↓ ↓ ↓	9-11 AM HOCKEY MATCH ↓ ↓ ↓ ↓	
4:00			-BUSINESS -MATHS ↓	HOCKEY TRAINING ↓ ↓ ↓ ↓	RELAX ↓ ↓ ↓ ↓		10AM BREAKFAST WITH MAMA ↓ ↓ ↓ ↓
5:00	DINNER ↓ ↓ ↓ ↓	DINNER ↓ ↓ ↓ ↓			DINNER ↓ ↓ ↓ ↓	11AM NOTEMAKING PLANNER ↓ ↓ ↓ ↓	
6:00	HOMWORK: MATHS ↓	HOMWORK: -MODERN ↓	DINNER ↓ ↓ ↓ ↓	DINNER ↓ ↓ ↓ ↓	GET READY ↓ ↓ ↓ ↓	-BUSINESS -MATHS ↓	12PM HOMWORK ↓ ↓ ↓ ↓
7:00	WK1 NOTES: ENGLISH ↓	-MATHS ↓	WK1 NOTES: ECONOMICS ↓	HOMWORK: -MATHS ↓	JED'S BIRTHDAY ↓ ↓ ↓ ↓	WK1 PRACTICE Q'S MODERN ↓	-ENGLISH -ECONOMICS -MODERN ↓
8:00	KEEPING UP WITH THE KARDASHIANS ↓ ↓ ↓ ↓	WK1 NOTES: MODERN ↓ ↓ ↓ ↓	EXTRA READING: ECONOMICS ↓ ↓ ↓ ↓	-BUSINESS V- ELO ↓		PRACTICE Q'S ELO ↓ ↓ ↓ ↓	4pm RELAX ↓ ↓ ↓ ↓
9:00	READ ENGLISH TEXT: HAMLET ↓ ↓ ↓ ↓	EXTRA READING: MODERN ↓ ↓ ↓ ↓	ENGLISH TEXT: HAMLET ↓ ↓ ↓ ↓	EXTRA READING: BUSINESS ↓ ↓ ↓ ↓		4PM RELAX ↓ ↓ ↓ ↓	6pm DINNER ↓ ↓ ↓ ↓
10:00		READ ENGLISH TEXT HAMLET ↓ ↓ ↓ ↓				6PM DINNER AT GRANDMA'S ↓ ↓ ↓ ↓	7PM SO YOU THINK YOU CAN DANCE ↓ ↓ ↓ ↓
11:00					↓ ↓ ↓ ↓	↓ ↓ ↓ ↓	↓ ↓ ↓ ↓
12:00							



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### (5) Learning Environment



Reduce  
distractions  
*Mobile phones,*  
*social media*  
*and music*