

Year 10 - New Norms and study Skills

Miss Rutledge - Head of Upper School



Aims of the session

- 1. To work in partnership for the student
- 2. Knowledge of strategies to help/try.
- 3. Students to have energy, and be positive about revision and exams.
- Parent to feel confident to be able to help their child.



Do you think your children ever feel like this?

NEW NORMS

Bubbles Detentions Tutor time Work load Change in emphasis Homework/ coursework Support

Good Habits IN SCHOOL:

- Drinking water regularly
- Good diet having food at break and lunch time
 - Active Listening
 - Asking questions
 - Using past papers
 - Getting revision guides/ resources
 - Doing homework
 - Being on time and attending every day

Good Habits AT HOME:

- Drinking water regularly
- Having breaks and doing revision in sections
 45-1hr at a time
 - Regular movement breaks
 - Good diet
 - Healthy sleeping patterns
 - Ask for Support
 - Area to study/ quiet space
 - Device free time

| TIME/ DAY | monday | tuesday | Wednesday | Thursday | friday | saturday | sunday |
|--------------|----------|----------|----------------------|-----------|----------|----------------|-----------------------|
| Session 1 | SCHOOL | SCHOOL | SCHOOL | SCHOOL | SCHOOL | | Lay in till 9.30am |
| Session 2 | SCHOOL | SCHOOL | SCHOOL | SCHOOL | SCHOOL | Training | |
| Session 3 | SCHOOL | SCHOOL | SCHOOL | SCHOOL | SCHOOL | | |
| Session 4 | Homework | Homework | Homework | Homework | Homework | See friends | See friends |
| 5pm | Dinner | | | | | | Computer time |
| 6-7pm | | Dinner | Dinner | Dinner | Dinner | | Homework |
| 7-8pm | | | Football Training | Visit nan | | | Coursework |
| 8-9pm | | | | | | | |

Study Skills:

- Flash cards
- Taking notes
- Revisions guide
- Storytelling and memory techniques
 - Reading
 - Writing out
 - Mind maps
 - Pair work / testing
 - Past papers



PiXL Revisit: Reduce to 6 points

Unit / Topic:

Information

R E D U C E

Reduce to 6 points

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

- В.

A.

C.

Information

P R I O R I T I

Prioritise (most important)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

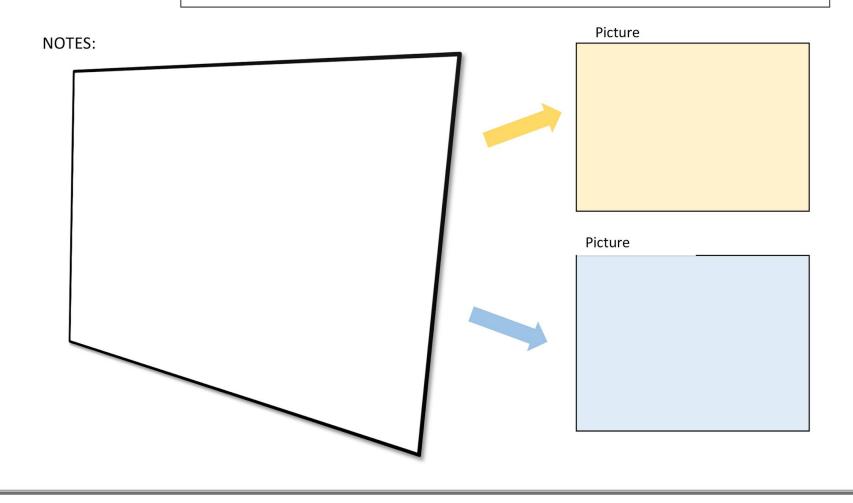
WHY?

Reduce to 3 key points



PiXL Revisit: Transform

Unit / Topic:

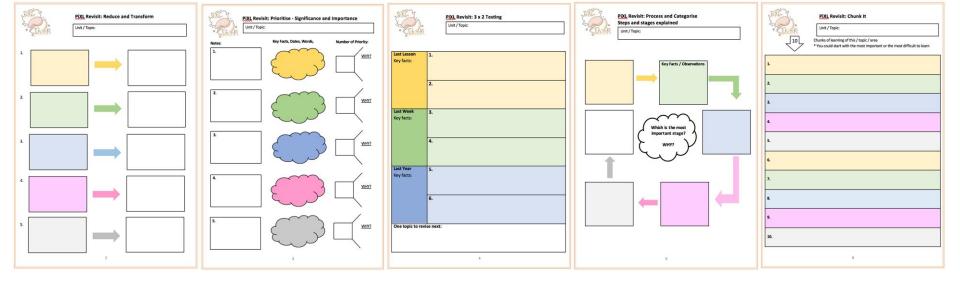




PiXL Revisit: Transform

Unit / Topic:

Key Points PICTURE / SOURCE / INFO / RESOURCE 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. Most important + WHY:



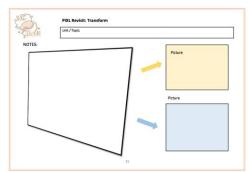


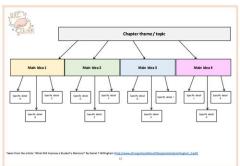
| (2) | PiXL Revisit: Thinking Hard Model |
|---|--|
| Lhink | |
| Name of Topic: | |
| Name: | |
| Class: | |
| Take a section of the te | at and do the following: |
| 1) Prioritise: Underline ti | e three most important sentences here. Rank 1-3, briefly explain number 1. Cross |
| out the least importan | sentence |
| | |
| | |
| | |
| 2) Reduce: Reduce the ke | y information into 12 words |
| 2) Reduce: Reduce the ke | y information into 12 words |
| 2) Reduce: Reduce the lo | y information into 12 words |
| | |
| | y information into 12 words the structure or images (no words allowed) |
| | |
| | |
| 3) Transform: Transform 4) Categorise: Sort this is | |
| 3) Transform Transform | this information teld 4 pictures or integers for words allowed; |
| 3) Transform: Transform 4) Categorise: Sort this is | this information teld 4 pictures or integers for words allowed; |
| Transform Transform Transform Transform Transform Transform Transform Transform Transform Transform Transform | other information relia 4 pictures or integra (no words allowed) Allowed to the state of the st |
| Transform Transform Transform Transform Transform Transform Transform Transform Transform Transform Transform | this information teld 4 pictures or integers for words allowed; |
| Transform Transform Transform Transform Transform Transform Transform Transform Transform Transform Transform | other information relia 4 pictures or integra (no words allowed) Allowed to the state of the st |

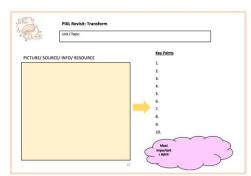
| Name of Topic: | <u> </u> |
|-------------------------------|---|
| Name: | <u></u> |
| Class: | |
| Read the text ar the text. | nd then put your thoughts in to different boxes so that you have 'boxed up' |
| Box 1 – 3 things i | did not know |
| | |
| | |
| | |
| Box 2 - 3 things I i | understand better now |
| | |
| | |
| | |
| Box 3 – 3 things I | |
| Box 3 - 3 things I i | iready knew |
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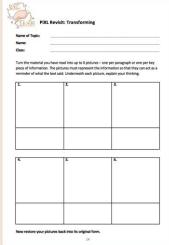


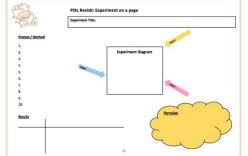
| me of Topic: | | |
|--------------|--|--|
| me or topic: | | |
| 55: | | |
| | questions to ask someone about the text. | |
| Question | Answer | |
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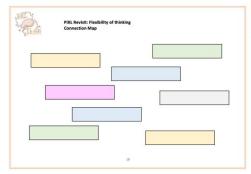


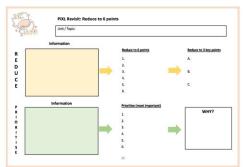


















<u>Summary</u>

- Good habits at home
- Good habits at school
 - Study skills review
 - Working together
- Using revision guides
 - Asking school staff

Questions can be asked via the Google Form link within the Year group area for Parents Information Evening