



# SMART STUDY

Introduction

How to  
Study  
Effectively

# Starter Questions

- Currently, how do you study?
- How do you feel about studying?

# Goals

For you to know:

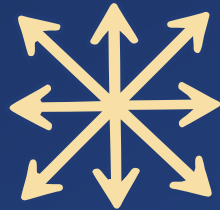
- the **best** study strategies
- that you can make a **positive change** in your study methods
- that making changes will have a **positive impact** on you

# Key points

- Your **commitment is key** to making it happen
- Will **take time** to embed to make an impact
- It is **evidenced based**; backed up by research
- Use the **SMART terms** to help frame your study practice



**S**paced



**M**ixed



**A**ctive



**R**etrieval



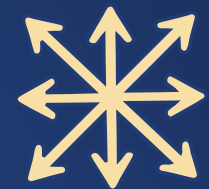
**T**hinking

# SMART is better

Spaced is better than cramming



Mixed is better than blocking



Active is better than passive



Retrieval is essential

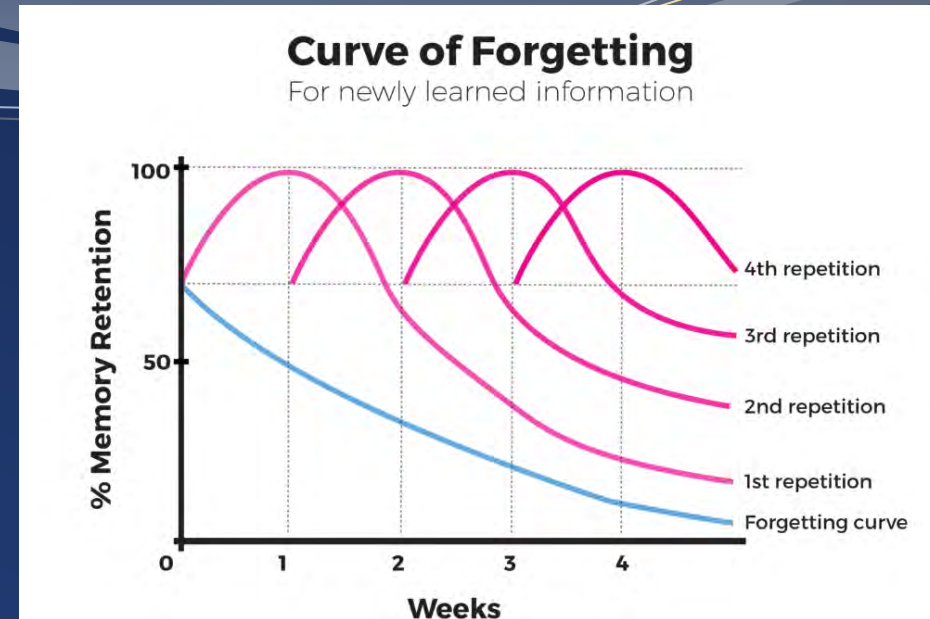


Thinking is required

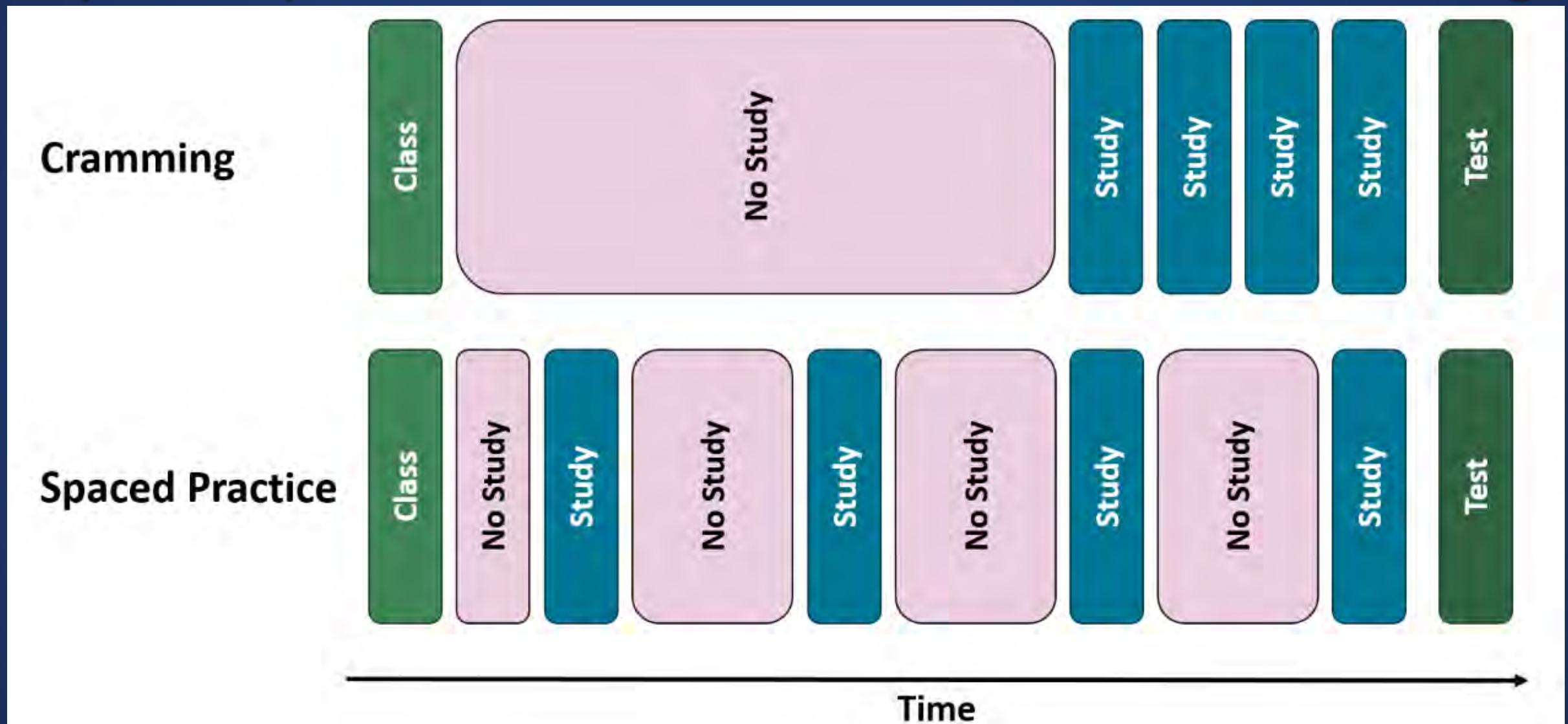




# Spaced



Spaced practice is more effective than cramming



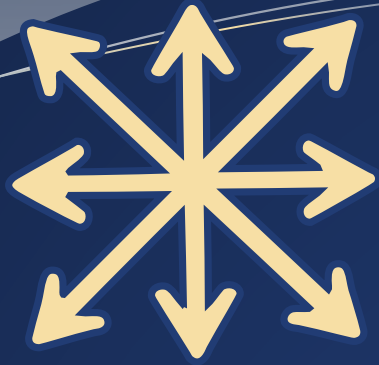
# Spaced



For the most effective result, spread your sessions over days, weeks, months rather than cramming. Build this spacing of subjects into your study plan.

- Timetable your study sessions
- Spread them out
- Give yourself breathing room
- Most effective use of time





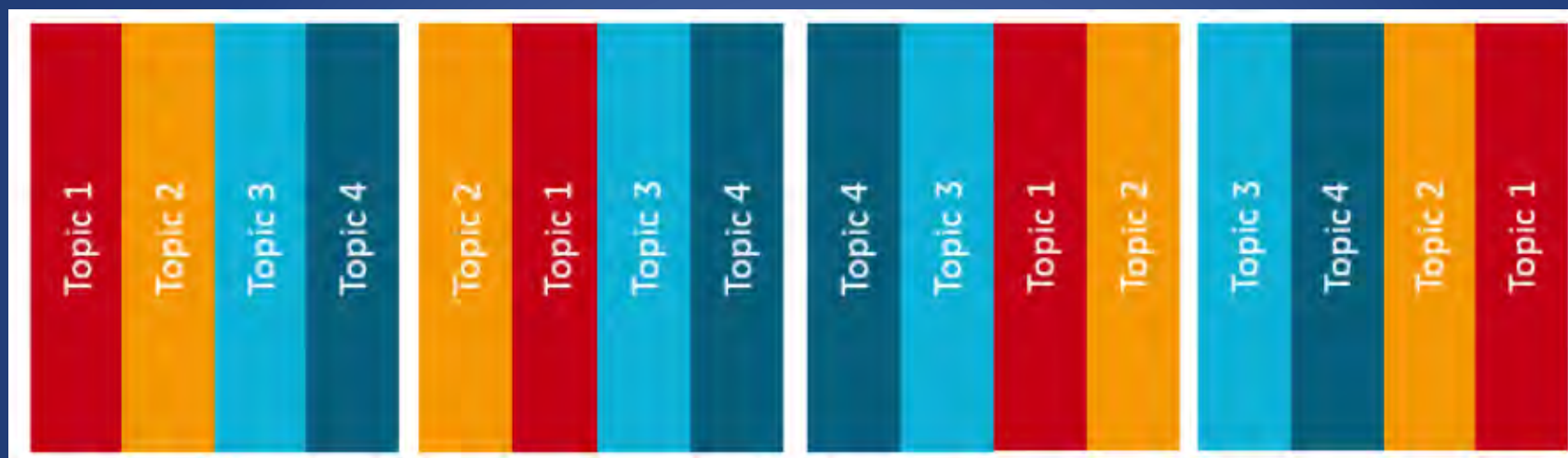
# Mixed Practice

Mixed practice is more effective than blocking

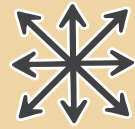
*Blocking*



*Mixed*



# Mixed



Mix up your practice, change subjects to switch your focus, change areas within a subject as you would in an exam.

- Stay fresh, make it fun
- Move between subjects often
- Even within a subject,  
change topics to make  
cross-connections



# Active

## Active beats passive revision

### Active

#### **Create Flashcards**

Create Mind maps

Create Flow charts

#### **Write concise notes in own words**

Answer set questions

Do online quizzes

Create own exam questions

#### **Complete practice tests**

Explain in your own words

Test what you remember

### Passive

RE-reading

Highlighting

'Going over' power points

# Active



Write bullet point notes, think, understand, explain, clarify, label diagrams, answer a range of questions, create flash cards. Do the hard work and put in the time needed.

- Try different techniques to find what works for you
- Use variety to spice it up
- It is more effort, but much bigger payoff



# Retrieval

**Retrieval practice is essential**

- What do you remember?
- Establish what you know
- Practice getting information 'out'
- Recall specifics for an exam

# Retrieve



Get the information 'out'. Find out what you recall and what you don't know yet, answer questions make mind maps, flow charts, flashcards, checklists.

- Remember before  
you need to
- Use lots of ways to check  
what you remember, and  
what you do not



# Thinking

Thinking is required.

- Reflect on your learning
- Evaluate, pros and cons
- Plan to succeed
  - what, why, when and how?

# Thinking

Reflect on feedback and what you need to do to improve. Plan what/how/when to study. Regulate and motivate yourself to do the work. Make realistic judgements from self-testing about how you are progressing.

- Use Teacher feedback and Retrieval practice to help you plan on what next
- Get real about where you are at, and make it work for you



# Thoughts

- With all that considered, how now might you approach your study?
- What are your next steps?

# Next Steps 1

- Year 09s have a practical session next week, W6 - Wednesday 5A.
- Year 10s week after that W7.
- Your parents will be emailed SMART Study info, you can review it and plan with them.

# Next Steps 2

- Schedule in your study sessions for your end of Term 1 tests.
- Review revision material provided by your teachers.
- For extra guidance on revision content, talk with your teachers

# Next Steps 3

- Work out what you need to study, when you are going to do it and how you are going to do it.
- If you need more help, please contact Mr van Oldenborgh on Teams

# SMART STUDY

1. Spaced 

2. Mixed 

3. Active 

4. Retrieval 

5. Thinking 

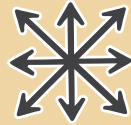


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