

# How to Successfully Learn from Home

## 1. Maintain a Routine

- ❑ Find a quiet place to study at home away from sound distractions and things such as your mobile phone. Research shows learning without music is more effective.
- ❑ Start learning early! This is when you are at your best. Start with core subjects like English, Maths & Science.
- ❑ Create a timetable to help plan your day. Plan to be an active learner and don't simply sit, read and then reread. (See the section on how to create a good timetable).
- ❑ Take plenty of breaks.



Time	Monday	Tuesday	Wednesday
9:00	English	Maths	Science
10:00	Maths	English	Science
11:00	Science	Maths	English
12:00	PE	PE	PE
13:00	English	Maths	Science
14:00	Maths	English	Science
15:00	Science	Maths	English
16:00	PE	PE	PE
17:00	English	Maths	Science
18:00	Maths	English	Science
19:00	Science	Maths	English



## 2. Exercise & Activity

A healthy mind and body is very important for good learning.

- ❑ Sleep and wake at regular times. Try go to bed and wake up at the same time every day. Try not to sleep with your mobile/tablet next to your bed.
- ❑ Doctors recommend 60 minutes of moderate exercise per day. You can't go outside, so instead why don't you start your day with Mr Wicks PE Lesson (Youtube it).
- ❑ Eat regular healthy meals and avoid too many sugary foods and drinks. They will mess with your ability to concentrate.



## 3. Keep Connected

Even though your stuck at home, everyone is still ready to help you.

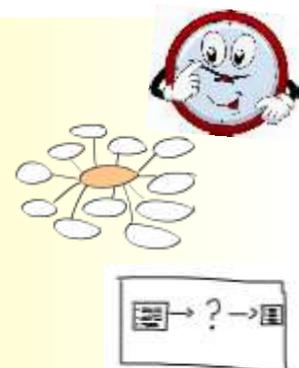
- ❑ Your teachers will be setting you regular work - Check ClassCharts & EdLounge
- ❑ You can contact any of your subject teachers with questions via email or Microsoft Teams between 9am and 4pm. They will get back to you immediately.
- ❑ Ask your parents if you can set-up a study group online with your friends. Microsoft Teams is very good for this.



## 4. Keep Learning - Stick at it.

Try to keep learning. This is a good time to recap stuff you have learnt before and really spend time on the things you have found difficult. It is a rare when you get this much time to learn things at your own pace. Take full advantage.

There are some good studying strategies below to help you. These methods have been proven to be scientifically amongst some of the very best.



# Creating a Good Timetable

## Benefits of a creating a timetable

- ✓ Make full use of your time.
- ✓ Have a sense of control of what's going on and gives you a focus.
- ✓ Make learnt knowledge stick in your long term memory.
- ✓ Manage your thoughts and emotions.

## An Example of a Timetable that's not very Effective

Day \ Time	Monday	Tuesday	Wednesday	
9am	Maths	Maths	Biology	
10am				
11am				
12noon	Break	Break	Break	
1pm	Maths	Maths	Biology	
2pm				
3pm				
4pm				



## What's wrong with this?



- ❖ It feels natural to want to learn things in large blocks but in life and exams we are not tested in this way.
- ❖ Each block is not very specific on what is being done with that time. A lot of time can be wasted in just trying to decide what to do.
- ❖ There are not enough breaks. Research shows the most effective learning happens in short spells.

## Research suggest a Good Timetable looks like this

### Key Features

### Benefits of this?

1. Break sessions into short chunks & build in regular breaks.
2. At the start of the week decide exactly what part of the topic area you will cover in each time slot.
3. Building regular opportunities to test your knowledge. (See below how to this well).
4. You should give yourselves time to reflect on what you have learnt by spacing things out. Avoid studying a particular topics for lots hours/days in a row.

- The more minutes you spend in a row working on something, less effective your brains becomes at learning.
- You will know a day before what you are doing the next day. This will let you mentally prepare.
- Each session has a clear learning objective. You will know at the end of the session if you have met it.
- You can balance your time carefully between different subjects.
- It is a good opportunity to check how well you are learning and plan your next steps.
- Research shows that when you struggle to recall information, this strengthens the neural connections in your brain. This helps move information from your short term memory to the longer term.
- If you don't allow your brain sufficient time to consolidate new learning, this will lead to knowledge being driven out by further new learning.



Day \ Time	Monday	Tuesday	Wednesday
9am	Maths Quiz	Chemistry quiz	Biology Quiz
10am	Maths Solving Equations Chapter 4 & 5	Chemistry Metals Chapter 7	Biology Genetics Chapter 10
	Break	Break	Break
11am	Biology Quiz	Maths Quiz	History Quiz
	Biology Nerves & Hormones Chapter 9	Angles & Parallel Lines Chapter 6	History Hitler's Rise
12noon	Break	Break	Break
1pm	History Quiz	Business & ICT Quiz	Maths Quiz
	History Hitler's Rise	Business & ICT Marketing	Solving Linear Equations Chapter 4 & 5
2pm	Break	Break	Break
	Chemistry Quiz	History Quiz	DT Quiz
3pm	Quiz on everything	Quiz on everything	Quiz on everything
4pm			

## Making your own Timetable

Here is a YouTube link with more help to put your timetable together.

<https://www.youtube.com/watch?v=s3YV8h0tDpl>

# Flash Cards – Testing & Making Knowledge Stick

## What is it?

This is where you create a pack of cards on a topic or subject with questions on the front and answers on the back.

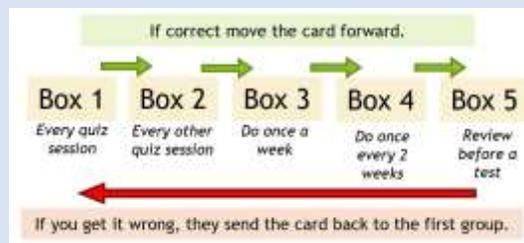
<https://www.youtube.com/watch?v=mzCEJvtED0U>

## How to use them?

Here is a link to a video on how to make best use of flash cards. A summary of the method is below.

<https://www.youtube.com/watch?v=eVajQPuRmk8&t=206s>

- ✓ Create five boxes/piles and label as shown.
- ✓ Organise your flash cards into the 5 boxes/piles, from the ones you know least well to the ones you know really well.
- ✓ Mark on your timetable which set of quiz cards you need to do in each session.
- ✓ Work through the correct set of cards in the session.



## Useful Apps to create Digital Flash Cards



### Anki

- ❖ Easy to add pictures, video or audio to your flashcards.
- ❖ Available nearly for every platform. (Free on all platforms except IOS. Can use Anki Web in Safari, which is free).
- ❖ Has many different methods that can be used to sort your flash cards.
- ❖ Can tell the programme how difficult you found certain cards. It will use that data in arranging the cards next time.



### Tiny Cards

- ❖ Much more user friendly but does not have the same advance systems at organising the cards as Anki
- ❖ Available on all platforms.
- ❖ Can find premade cards sets on their site.

## Benefits

Flash cards encourage you to recall knowledge like you are expected to in real life - all mixed up. This extra difficulty helps to strengthen neural connections in your brain and makes it easier to recall the required information in the future and apply it.

## Other Testing Methods & Making Knowledge Stick

Method	Benefit
Explaining learnt knowledge to others	After you have tested yourself, teach the material to someone else. This has been found to help aid memory and recall: it is known as " <a href="#">the Protégé Effect</a> ". Teaching someone else requires you to learn and organise your knowledge in a clear and structured manner.
Exam paper Practice Edexcel, AQA, OCR	Working through past exam papers allows to you get a measure of how well you know the content. Past papers come with mark schemes and information from the examiner about what they are looking for.
Other Quizzes - Kahoot /Revision guide & workbook/YouTube...	Remember you're not first one trying to learn all this. There are plenty of good resources that have been made to help you. These have often been used by thousands of students and improved over time.

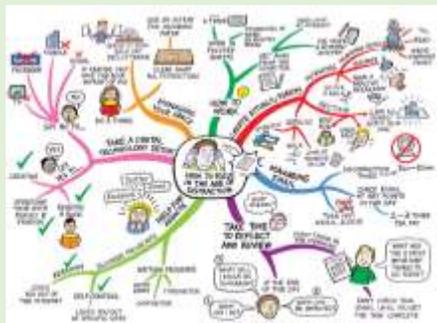
# Dual Coding – Organising your Thoughts

## What is it?

This involves organising your learning by combining two different styles of presentation. It is common to put all your learning in writing but to dual code it, we combine this with a visual or auditory aid. Below are 3 examples you can use to organise and consolidate your learning by combining words with a visual diagrams.

### Mind Maps

A mind map is a diagram that lets you visually organise lots of information and show how everything is connected to each other.



Here is a link on how to make good mind map.

<https://www.youtube.com/watch?v=eVajQPuRmk8>

### Time Lines

This is where you organise lots of information like a story.

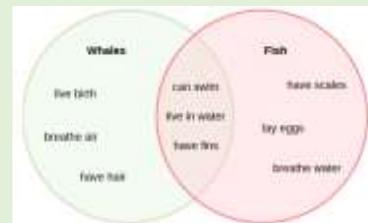
You summarise all your information into an order that that makes it easier for you to remember.

This can be a little bit like creating a detailed content page of a book.



### Visual Diagrams

This is where you try and represent something you find difficult to understand with a picture.



	English	Maths	Science	Total
Girls	20	13		50
Boys		15		
Total	38		40	

## Benefits

Organising information in this way makes it easier for brain to make lots of connections to the information and to file everything into your long term memory. You will find it easier to access the required knowledge when needed and make deeper connections between different aspects of what you have learnt.