

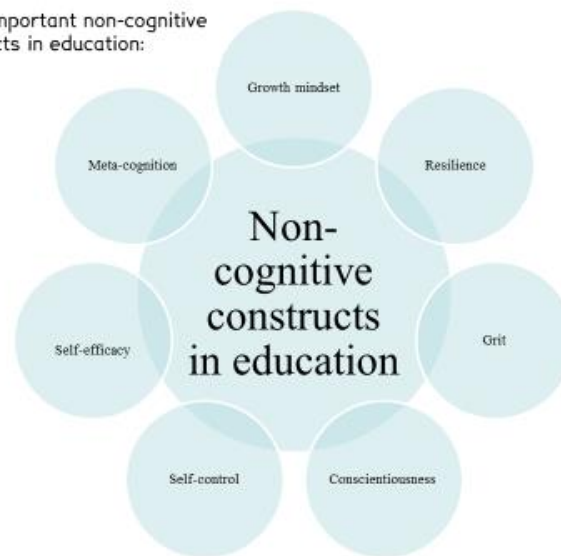
Year 9 & 10 Academic Review Evening: Learning Skills

'Numerous instances can be cited of people with high IQs who fail to achieve success in life because they lacked self-discipline and of people of low IQs who succeeded by virtue of **persistence**, **reliability** and **self-discipline**.' Heckman and Rubinstein

'While cognitive ability reflects what an individual *can* do, it is **non-cognitive factors** that reflect what an individual *will* do.' McGeown

'Good **character education** is good education...we need to take character education as seriously as we take academic education.' Berkowitz and Bier

Seven important non-cognitive constructs in education:

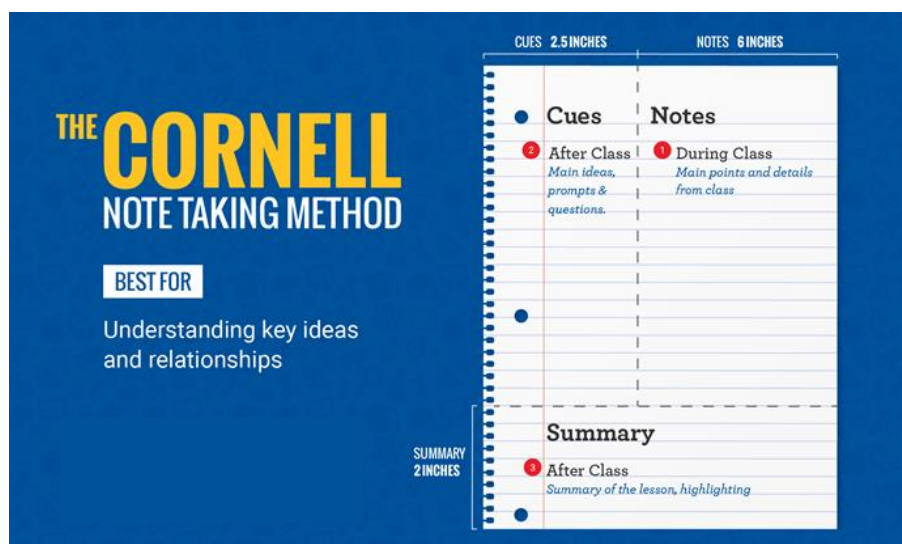


Habits, routines, attitudes and approaches to study are excellent indicators of future success.

Characteristics and behaviours of *breakthrough* pupils:

1. Detailed note taking
2. Tidiness and organisation of learning resources
3. Acknowledging and working on weaknesses
4. Commitment to independent study
5. Positivity, enthusiasm and having a goal

Detailed note taking



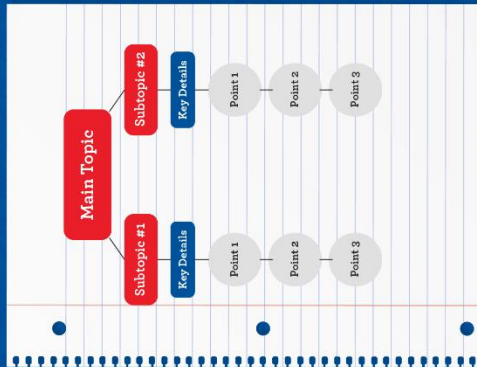
THE OUTLINING NOTE TAKING METHOD

Easily creating study questions for review



THE MAPPING NOTE TAKING METHOD

Visualizing connected topics and ideas



THE CHARTING NOTE TAKING METHOD

Reviewing lots of facts



Main Topic		Today's Date
Topic #1	Point 1 Details	
	Point 2 Details	
	Point 3 Details	
Topic #2	Point 1 Details	
	Point 2 Details	
	Point 3 Details	
Topic #3	Point 1 Details	
	Point 2 Details	
	Point 3 Details	

THE SENTENCE NOTE TAKING METHOD

Taking quick and simple notes



Main Topic	Today's Date
<ol style="list-style-type: none">1. Sentence #1 covering key details of the topic2. Sentence #2 covering key details of the topic3. Sentence #3 covering key details of the topic	

You can if you think you can

Year 9 & 10 Academic Review Evening: Learning Skills

Top Tips

Do past papers

Traffic light the specifications

Don't listen to music – it's a cognitive distraction

Write 'to-do' lists

Declutter

Make bedrooms a 'no phone' zone

Follow the 'Five Second Rule' to stop your brain talking you out of things

Learn, Forget, Relearn

Review topics regularly (every two weeks)

Do the 'Weekly Review' – check your notes are clear, summarise your learning, highlight and circle, make a prioritised list for the week ahead

Do reactive AND proactive work

Follow the Three Rs of Habit= Reminder, Routine and Reward

Formulate your goals as *problems to solve*



The Practice Questionnaire

Always = at least once a week. Sometimes = Once or twice a month. Never = anything from 'when your teacher forces you to' to 'once a term':

		Always	Sometimes	Never
Reading through class notes	C			
Using resources on the school's VLE	C			
Using course text books	C			
Mind maps/diagrams	C			
Making/remaking class notes	C			
Highlighting/colour coding	C			
Flash cards	C			
Using a revision wall to display your learning	C			
Writing exam answers under timed conditions	S			
Reading model answers	S			
Using past exam questions and planning answers	S			
Marking your own work to a mark scheme	F			
Studying mark schemes or examiners' reports	F			
Working with other students in groups/pairs	F			
Comparing model answers against your own work	F			
Creating your own exam questions	F			
Handing in extra exam work for marking	F			
One-to-one discussions with teachers/tutors	F			

You will notice some activities have a 'C' next to them – these are *content* techniques. Some activities have a 'S' next to them – these are *skills* techniques. Others have an 'F' next to them – these are *feedback* techniques.

Your aim is to strike a balance between the three phases, and never spend all your time in just one.