

Key stage 3 study skills programme

Delivered by study skills zone [Study Skills Zone](#)

Year	Content and stage of the academic year
Year 7	<p>Autumn term, Duration 2 hours</p> <p>Practical workshop providing a toolbox of skills for students' journey to academic success.</p> <p>Outlines foundations of being successful at school. Simple techniques to boost recall including a mini memory masterclass.</p> <p>Resilience, encouraging students to take risks and challenge themselves.</p> <p>Strategies for getting organised - simple prioritising tools to help students to manage their homework and other commitments.</p> <p>Introduction to Retrieval Practice</p>
Year 8	<p>Autumn term, Duration 2 hours</p> <p>Organisational skills and research-based techniques to help students become better independent learners</p> <p>Memory test, retrieval practice</p> <p>Practical step-by-step process to enable students to generate powerful revision resources.</p> <p>Putting Allan Paivio's research to the test to demonstrate that they can accurately remember more information using these techniques.</p> <p>Encoding strategy in which connections lead to improved recall.</p>

	<p>Thinking and linking - fixing content into long term memory.</p> <p>Plan, Do, Review – discovering what organisational skills work for students.</p>
<p>Year 9</p>	<p>Autumn term, Duration 2 hours</p> <p>Preparing students for GCSE exams</p> <p>Attention to detail - to stop students losing marks through complacency.</p> <p>Exam technique including command words and managing time within an exam.</p> <p>Retrieval practice, spaced learning, hierarchy, mnemonics, elaborative rehearsal, and quizzing.</p> <p>Resilience - how to change negative self-talk in order to boost self-belief and stay motivated.</p> <p>Revision planning - helping students to identify habits and learn the correlation between managing time and managing stress.</p> <p>Tech Review - recommended apps to boost recall and get organised.</p>