



Key stage 3 study skills programme

Year 7 Workshop - Blast Off!

Learn to Learn

Key Aims

- Develop independent learning skills, such as time management, note-taking, and research skills, that will be essential for success in secondary school and beyond.
- Understand the difference between recognition and recall and learn how to improve recall through techniques such as spaced repetition, interleaving, and elaboration.
- Try out several techniques that illustrate the power of retrieval practice, including flashcards, quizzes, and self-testing, to improve long-term memory retention.
- Develop a basic understanding of the exciting neuroscience that underpins how we learn, including how the brain processes and stores information, and how we can optimise our learning through effective study strategies.
- Develop academic resilience, including a growth mindset that emphasises the importance of effort, perseverance, and self-reflection in achieving academic success.
- Mix with other students and engage in peer learning, through group discussions, collaborative projects, and peer feedback, to enhance learning outcomes and build social connections.
- Learn how to get organised and prioritise, including creating a study schedule, breaking down large tasks into smaller ones, and managing multiple deadlines effectively.
- Understand the importance of a growth mindset and how to approach challenges with a positive attitude that emphasises learning and growth rather than fixed abilities.
- Foster a sense of excitement and curiosity about Key Stage 3 by showcasing the new subjects, opportunities, and experiences that they will encounter.
- Promote a love of learning by infusing lessons with fun and engaging activities, such as games, puzzles, and simulations, that tap into students' natural curiosity and creativity.
- Help students develop a sense of belonging and community within the school by facilitating team-building activities and creating a supportive classroom environment.
- Help students build confidence and self-esteem by recognising their unique strengths and talents, and encouraging them to use these to contribute to the school community.
- Facilitate conversations about the challenges and opportunities of transitioning from junior to secondary school, and offer strategies for managing stress and adapting to change.
- Celebrate the successes and accomplishments of each student, and encourage them to celebrate each other's achievements, fostering a positive and supportive classroom culture.
- Learn how to set and work towards achievable goals, including short-term and long-term academic goals, and celebrate progress and accomplishments along the way.

STUDY SKILLS 3NOZ



Year 8 Workshop – Accelerate!

Independent learning, essential study techniques and habits

STUDY SKILLS ZONE



Key Aims

- Develop independent learning skills that will empower students to take charge of their own learning and achieve academic success with confidence and self-reliance.
- Introduce challenges into the learning process using cutting-edge research on desirable difficulties, so that students can learn more effectively and retain knowledge for the long-term.
- Test a variety of retrieval practice techniques that have been shown to improve memory recall and long-term learning outcomes, including exciting and engaging activities such as flashcards, quizzes, and self-testing.
- Understand the science behind our techniques, including the brain processes involved in learning and memory, and discover how to optimise learning for maximum effectiveness.
- Learn how to structure study and revision to make the most of time, avoid procrastination, and still allow for rest and relaxation, so that students can achieve academic goals without sacrificing well-being.
- Practice simple dual-coding methods that combine visual and verbal information to enhance learning and memory retention, using innovative and creative strategies that will make studying more fun and engaging.
- Boost motivation levels in Year 8 - The 'in between' year, by exploring the power of growth mindset.
- Develop organisational skills that will help you stay on track and manage multiple tasks and deadlines effectively, while also raising confidence levels and self-esteem, so that challenges can be tackled.
- Foster a sense of community and support through interactive and collaborative learning activities, so that meaningful relationships with peers can be built and feel connected and supported.
- Embrace challenges and overcome obstacles with resilience and perseverance, building the essential skills needed for academic success and personal growth, and gaining the confidence and self-assurance to tackle any challenge that comes along.
- Receive personalised feedback and guidance from experienced facilitators who will support individual learning needs and help achieve full potential, using innovative and effective strategies that are tailored to unique learning styles and preferences of pupils.
- Receive expert guidance and support from experienced facilitators who will help students identify strengths and challenges, and provide them with innovative and effective strategies that are tailored to their individual learning needs, so that they can achieve their full potential and succeed in their academic journey.

Year 9 Workshop – Drive For Results!

Preparing students for GCSE exams

STUDY SKILLS ZONE



Key Aims

- Learn strategies for adopting a growth mindset that encourages a positive attitude towards learning and success
- Develop outstanding revision resources based on leading-edge research that are tailored to individual learning needs
- Enhance exam question analysis skills to better understand how to approach and answer exam questions effectively
- Explore and practice retrieval practice techniques that improve memory retention and long-lasting learning
- Understand the science behind effective memory techniques and how they can be applied to improve learning outcomes
- Learn time management skills to effectively manage stress and create a healthy study-life balance
- Practice elaborative rehearsal techniques to improve associative memory encoding and retention
- Identify unproductive habits and implement changes to maximise your potential and achieve your goals
- Create a robust and realistic revision plan that fits your personal preferences and learning needs, and commit to it with discipline and determination