

## Effective Study Strategies:

### Free webinar for parents/carers with Kate Jones

Some study strategies are more effective than others. Find out in this free webinar, aimed at parents and carers, the study approaches students should avoid and those that should be embraced! There will be lots of useful and practical advice, based on the latest evidence from research, offered to parents/carers to support learning outside of the classroom.

**Please put yourself on mute during this webinar. There will be a Q&A session at the end of the webinar.**



# Kate Jones

- Former teacher & Head of Department
- Lead Practitioner
- Author/Blogger
- Writer for TES
- Podcast host
- Winston's Wish ambassador.
- Senior Associate with Evidence Based Education.



@KateJones\_teach



@KateJones\_teach



# Session aims ...



- To understand the effective and efficient study strategies your child should be using at home.
- To be able to recognise the ineffective study strategies to avoid.
- To have a range of techniques and strategies to use to support your child.

Start with **why** ... ask your child why they want to do well?





# Study Strategies ...



- **Not all study strategies are equal.** Some are much more effective than others!
- There has been a huge amount of **time, effort & research** invested to find out what the most effective study strategies are. The research studies & evidence are **overwhelming** about what effective techniques students should be using and which techniques students are not as effective.



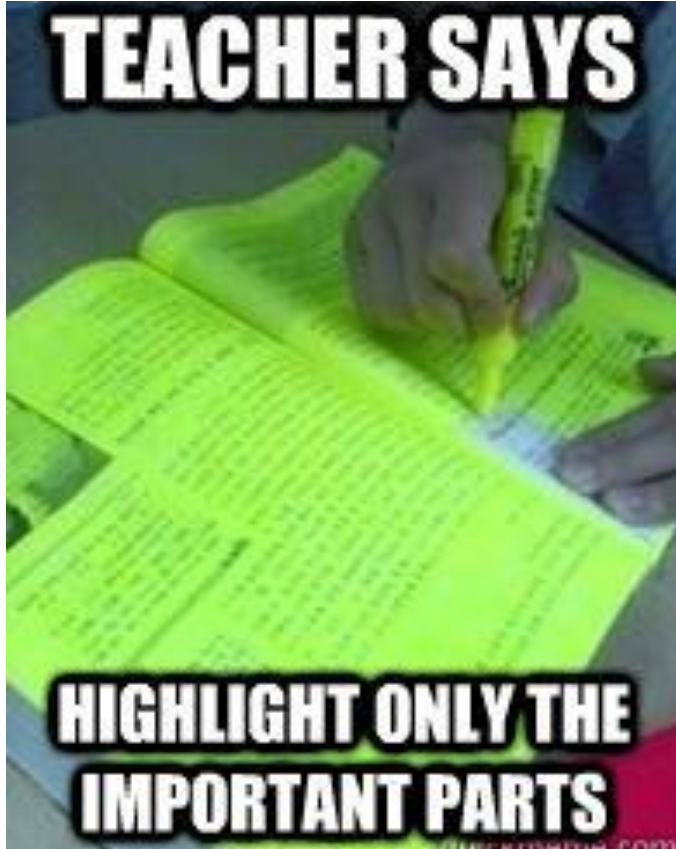
# Ineffective ways to study ...







# What's the problem with highlighting?





# What's the problem with underlining?







# What's the problem with re-reading?



# What's the problem with cramming?





# Highlighting/Re-reading/Underlining



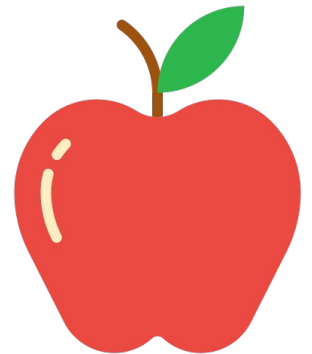
- Those techniques are better than no revision at all!
- However, using these strategies will **require a huge amount of effort, energy and time** in comparison to other techniques.
- **Highlighting, re-reading and underlining are easy and don't require much mental effort!** It's tempting for students to use these strategies. If they do, make sure they only use them as a starting point but they will need to use effective study strategies.



# Myth busting!



Learning styles ...





# Myth busting!



## Multi-tasking ...



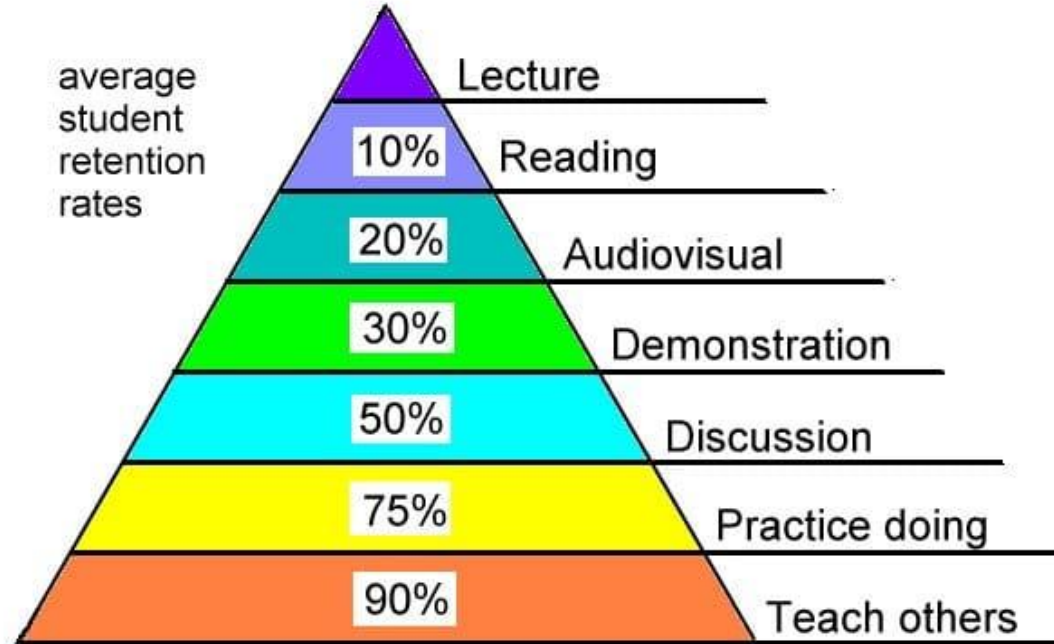




# Myth busting!



## Learning Pyramid



Source: National Training Laboratories, Bethel, Maine



# What are the effective study strategies?



The two most effective study strategies are:

- **Retrieval practice** - this is the act of recalling information from memory. This includes self-testing & quizzing.
- **Spaced practice** - this is spacing out revision over time, the opposite to cramming!

**These study strategies can & should be combined.**



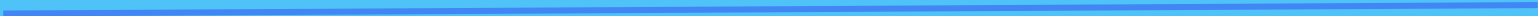
# What is retrieval practice?



# What is the capital city of Kenya?



# Answer: Nairobi





*“Using your memory, shapes  
your memory.  
Using your memory, changes  
your memory.”*

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**Professor Robert A Bjork**  
**UCLA**

# What is retrieval practice?



- **Retrieval practice is a teaching and learning strategy that can be used inside or outside of the classroom to help children learn.**
- Retrieval practice focuses on getting information out of the memory. Through the act of retrieval, which involves recalling information through writing or verbally, that memory is then strengthened.
- Retrieval practice helps memory and therefore helps to improve learning.

# How is retrieval practice different from testing, assessments & exams?



- Retrieval practice is a teaching and learning strategy it is not used for assessment.
- The focus is 'low stakes' and this is very different.
- Scores and results are not formally recorded.
- Cues and prompts can be provided to offer support.
- Retrieval practice comes in many forms including quizzing and games.

# What are the different types of retrieval practice?



- Multiple choice questions and quizzes (online or on paper).
- Verbal recall - talking about what we can remember.
- Writing from memory what we can recall; this can be a task or past exam question/paper.
- Using mini white boards.
- Games and activities where students have to recall information from memory.

# What are the benefits of retrieval practice?



- It's a powerful strategy to help all learners make progress.
- It clearly identifies where gaps in knowledge are.
- Regular retrieval practice can boost confidence and motivation.
- It can be fun, enjoyable and rewarding!



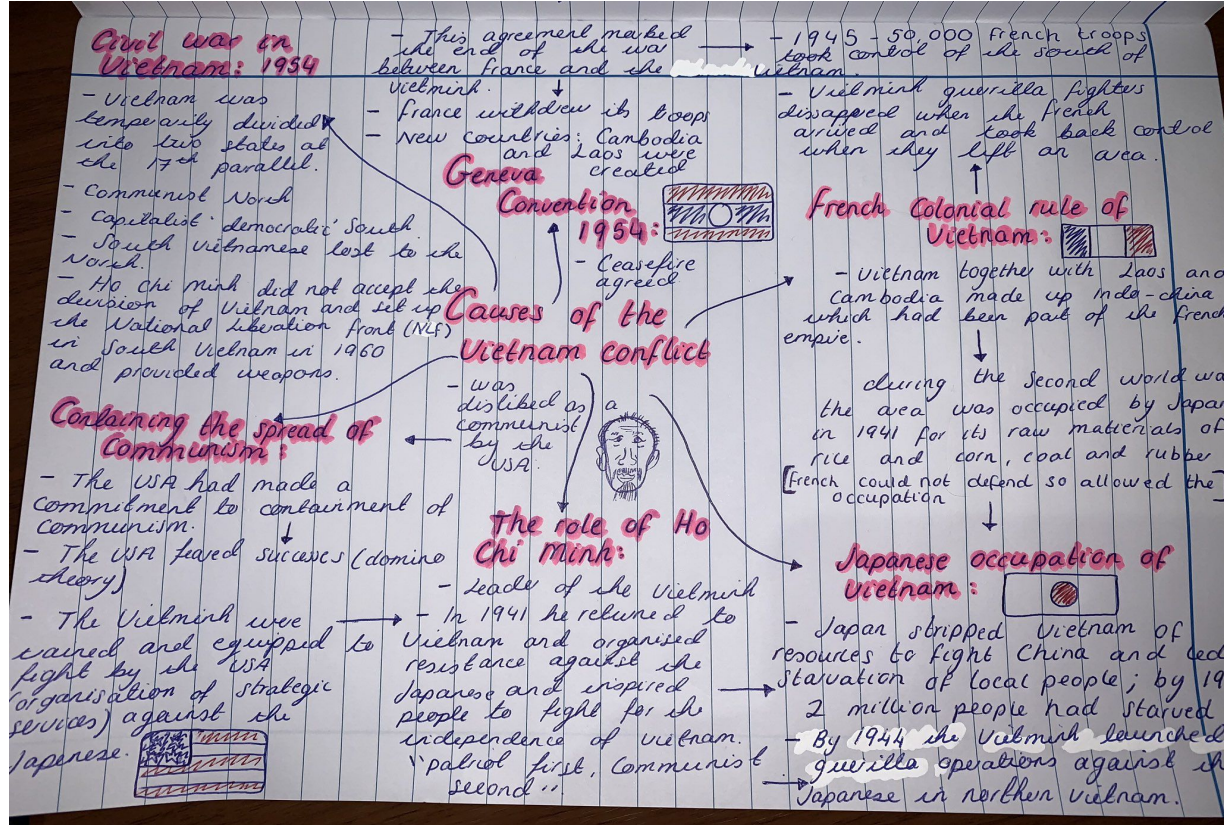
# How can you use retrieval practice at home?



- Ask your child specific questions about content studied in class.
- Ask your child about key vocabulary and the meaning.
- Encourage your child to quiz themselves.
- Intervene if they are using ineffective strategies such as highlighting or underlining notes, re-reading or simply copying. Use retrieval practice instead.



# Retrieval Practice Strategies



A **brain dump** is something writing down everything you can remember from memory - all you need is a pen and paper!



# Retrieval Practice Strategies



What was the  
Weimar Republic?

A new system of  
government that did  
not include a Kaiser or  
any other form of monarch.  
It was a republic.

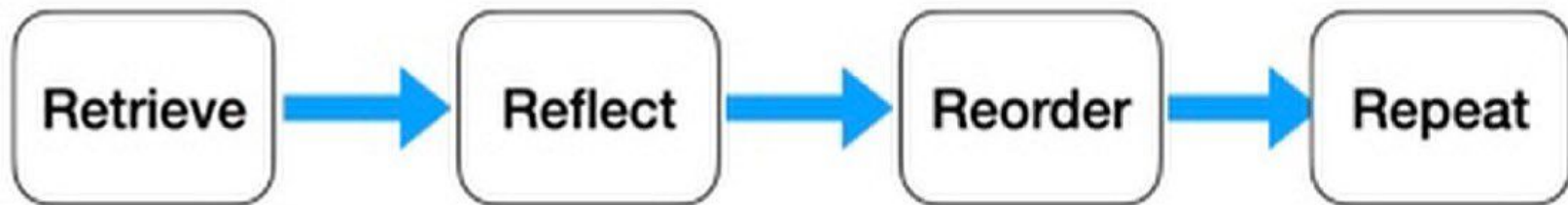
*Flashcards don't need to be flashy!*



# Retrieval Practice Strategies



## Flash Cards for Retrieval Practice



# Flashcards - Top Tips!



- Encourage your child to start creating their own flashcards now!
- Ask the teacher to check the flashcards for accuracy if unsure.
- Keep the flashcards simple - one question and answer on each side or one key term and definition.
- Use this strategy to help your child, ask the questions & provide feedback.
- Keep going until they are mastered!





# Retrieval Practice Strategies



Digital tools for online flashcards:



## Anki Flashcards



Study faster for

- [Languages](#)
- [Physics](#)
- [Medicine](#)



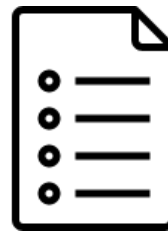
# Retrieval Practice Strategies



**Write it ... write down everything you can recall about life in the WW1 trenches.**



**List it ... list keywords and adjectives linked to life in the WW1 trenches.**



**Draw it ... sketch an illustration of a WW1 trench.**

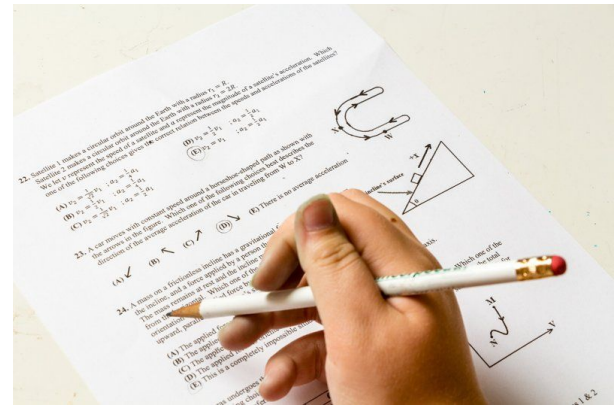
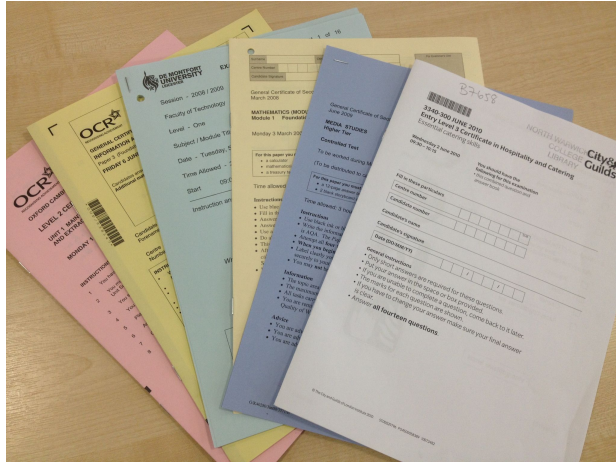
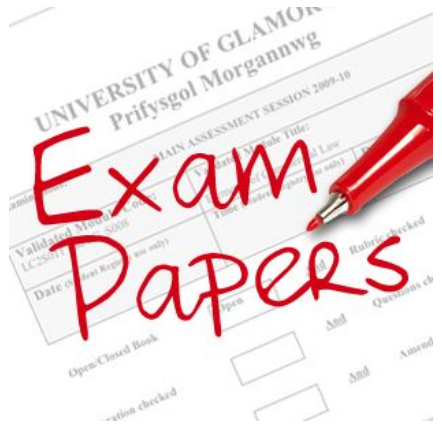


**Say it ... explain to your partner how life was difficult in the WW1 trenches.**





# Retrieval Practice Strategies





# Why use retrieval practice?

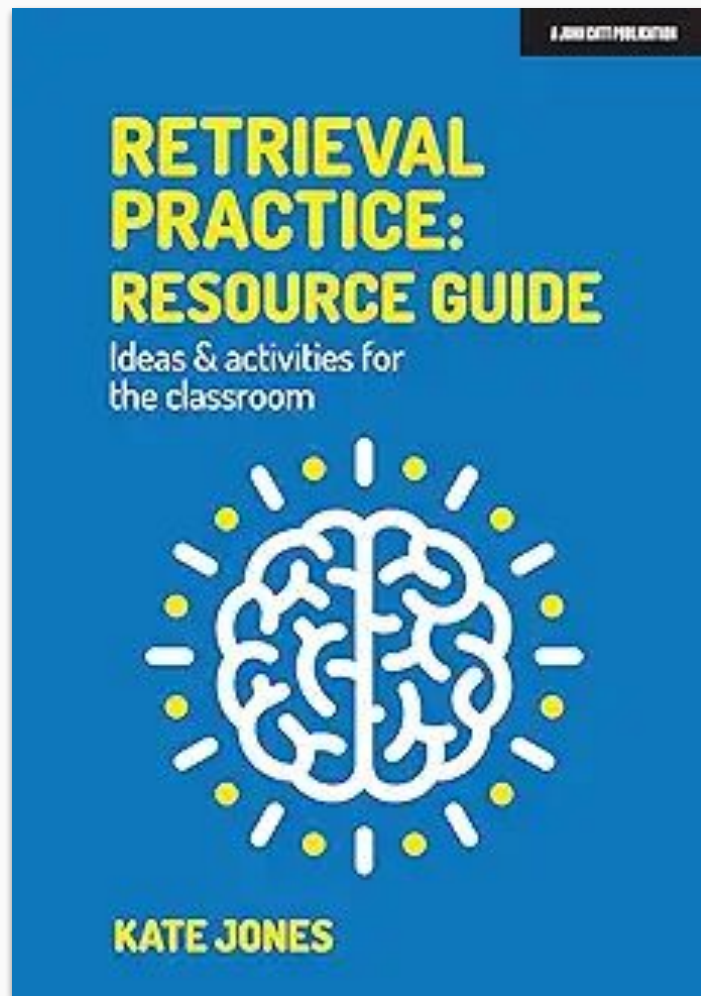


Retrieval practice very clearly **shows you what you know & don't know!**

When you are aware of the **gaps in knowledge** you can then focus on closing the gaps.

Research & my experience as a teacher has shown that regular retrieval practice can **decrease student anxiety & boost confidence.**

More  
retrieval  
practice  
techniques  
and ideas ...





# What is Spaced Practice?



5 hours revision would be better spread out over 5 days than 5 hours in one day.



# Spaced Practice Principles:



1. Start studying early.
2. Spread out over time.
3. Little and often.
4. Avoid cramming!
5. Be organised.





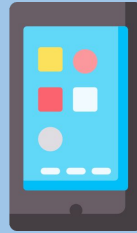
# Other important info ...



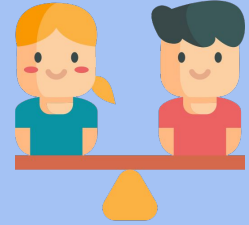
**Music?**



**Phones?**



**Gender?**



***Effective study requires a lot of self-control and self-regulation!***

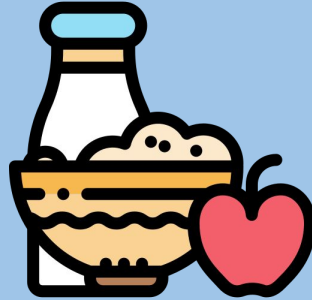
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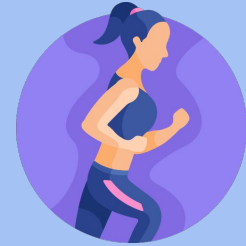
## Sleep



## Breakfast



## Exercise



***Effective study requires a lot of self-control and self-regulation!***



# StudyTubers!





# StudyTubers!



**StudyTubers** on YouTube are inspirational ...  
but a word of caution.  
They don't always offer the best or  
evidence-informed advice!

# Recipe for effective revision & successful results ...



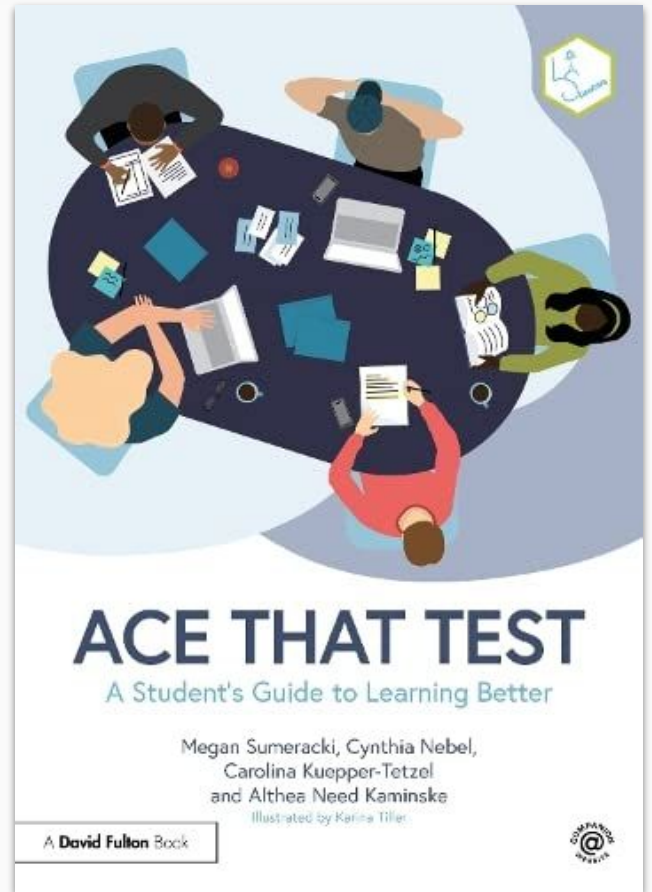
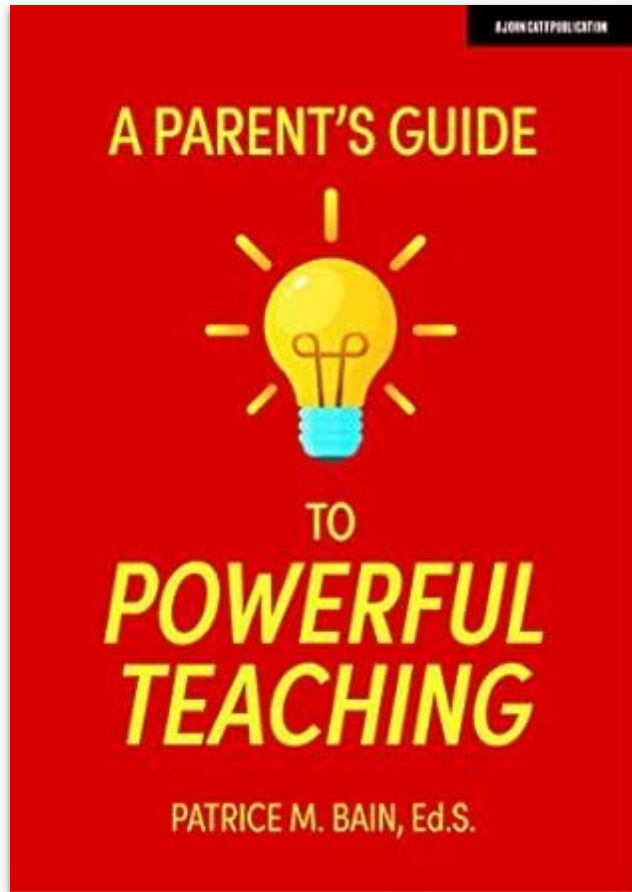
Spaced Practice	Retrieval Practice	Mindset	Support	Attendance	=	Success
Spaced Practice	Retrieval Practice	Mindset	Support	Missing	=	Lower results
Spaced Practice	Retrieval Practice	Mindset	Missing	Attendance	=	Anxiety
Spaced Practice	Retrieval Practice	Missing	Support	Attendance	=	Under performance
Spaced Practice	Missing	Mindset	Support	Attendance	=	Ineffective strategies
Missing	Retrieval Practice	Mindset	Support	Attendance	=	Cramming

Learning happens over time.

Forgetting is part of the learning  
process.

Retrieval practice shows what we  
know & don't know.

# Recommended Reading ...





# Thank you & stay in touch!

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