Highdown Year 10 Independent Learning Programme

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This year, Year 10 have been spending some considerable time working on developing effective and practical independent learning strategies.

We have looked at a variety of different methods and techniques and have had opportunities in mentor time to practise these readily.

In this document, you will find a range of the activities we have worked on thus far.

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Developing a Revision Timetable

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Steps to an Effective Timetable

1. Figure out how much time that you have

2. Prioritise your subjects and topics

3. Break down subjects into topics

4. Allocate clear timeslots (see the 25-minute sprints on the next slide)

5. Plan to use specific revision strategies

6. Be flexible but resilient

7. Make your timetable realistic and achievable

Twenty-Five Minute Sprints

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The Pomodoro Technique

Watch the below link which explains The Pomodoro Technique

https://www.youtube.com/watch?v=1pADI_eZ_-U&ab_channel=ProductivityGuy

To summarise, this strategy is great for avoiding procrastination by completing work in short bursts using a timer. It is especially useful if you are trying to revise for tasks or subjects that you find particularly difficult or struggle to get motivated for.

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Twenty-Five Minute Sprints: The Steps

- First, you need to ensure you have somewhere quiet to do your work and get everything ready that you will need.

- Remind yourself that you are going to do a short, 25-minute burst of revision – that's all!

- There should be no distractions whatsoever while you do this!

- After 25 minutes...congratulations! You've started that nightmare task!

- Now you get to enjoy a 25 minute break before getting back to another burst!

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Twenty-Five Minute Sprints: The Steps

Preparation	25 minute burst	25 minute break	25 minute burst
• Find a quiet space • Gather everything you need • Put phone away • Start timer • Remind yourself – it's just 25 minutes!	• GO! • No distractions • Keep going!	• Relax • Get up, move around, stretch, have a snack…	• Tell yourself – just one more 25 minute burst! • Return to your task • Put phone away • GO!

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Varying the Method

You could play around with how you implement this strategy in different ways:

- The Quick Sprint - 25 mins on, 25 mins off, 25 mins on = 1hr 15 mins total

- The Serious Sprint – Reduce your break time to 5 mins. This works well for really attacking some challenging work

- Try measuring your sprints – how many will you do?

- Integrate sprints into your weekly schedule

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Independent Learning Skills: Cornell Notes

The Strategy – Cornell Notes

What are Cornell Notes?

- Cornell note-taking is a popular note-taking method for taking, organizing, and summarizing notes. This method typically results in better overall comprehension.

- This note-taking method was invented by Professor Walter Paul of Cornell University in the 1950s.

How does it work?

It requires very little preparation which makes it ideal for note-taking.

The page is divided into 4 different sections:

- **Title** at the top

- **Main notes on the right** – Fill this in first as you read/watch

- **Keywords/Questions on the left** – Then note any key words or questions

- **Summary at the bottom** – Finally summarise the main ideas

Why is it effective?

- **Active summarising.** In order to summarise a topic, you need to have a certain level of understanding. This note-taking method prompts you to get there.

- **Intentional note-taking.** Cornell notes encourage mindfulness and focus when taking notes. You have to pull out key points and reflect on the material, instead of simply writing every little thing down.

- **Revision-ready notes.** When it comes time to revisit your notes, they're logically

The Strategy – Flash Cards

Why use Flash Cards?

Using flashcards is one of the most common study methods, and it is the one many students find most effective.

Flashcards help students to engage in active recall or a process wherein students actively engage in learning by stimulating our memories and creating lasting connections to the material.

How does it work?

It requires very little preparation, just a bunch of cards!

- On the front of your card, you should write the main idea, topic, etc. that you are revising. You could also add some images to help aid your memory!

- On the back of the card, you should write the key information that you need to remember for this topic.

Front:

Mr Birling

Back:

Mr Birling represents greedy capitalists who only care for themselves. Priestley uses him to show the audience that the Eva Smiths of the world will continue to suffer if people like Birling remain in positions of power.
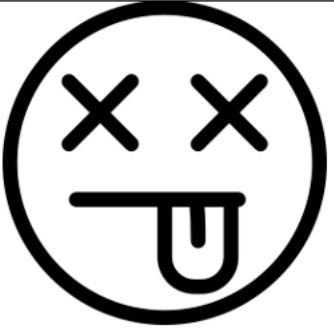
Independent Learning Skills: Dual Coding

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What is dual-coding?

- Very simply, dual coding is combining visuals and words. Our brain receives information through two channels: an auditory and a visual therefore the brain remembers the information better when they have two prompts: a visual and a verbal one.

- Research shows that creating your own images for vocabulary words helps with remembering their definition so an effective dual-coding revision activity might be coming up with simple images to represent key words.

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Graphic Organisers

- As well as simple images, graphic organisers can be a useful revision tool. Studies show that using multiple images to represent an idea makes it clearer. The examples below both represent the chain of events leading to Romeo & Juliet's death:
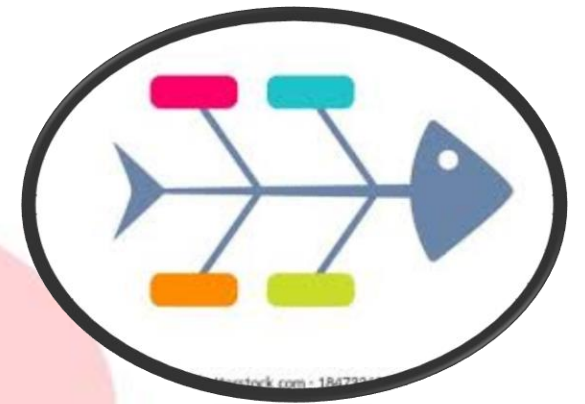

Causes of Romeo and Juliet's Death

The Montagues gatecrash the Capulet ball, enraging Tybalt who vows revenge.	Tybalt seeks to fight Romeo after seeing him at the ball. Romeo refuses to fight. Tybalt kills Mercutio and Romeo is banished for killing Tybalt.	Juliet's arranged marriage to Paris is brought forward by Lord Capulet and becomes a forced marriage.	The Friar gives Juliet a potion to 'play dead' but Romeo believes she is actually dead and kills himself. Juliet wakes and, finding Romeo dead, kills herself.

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Independent Learning Skills: Fishbone Diagram

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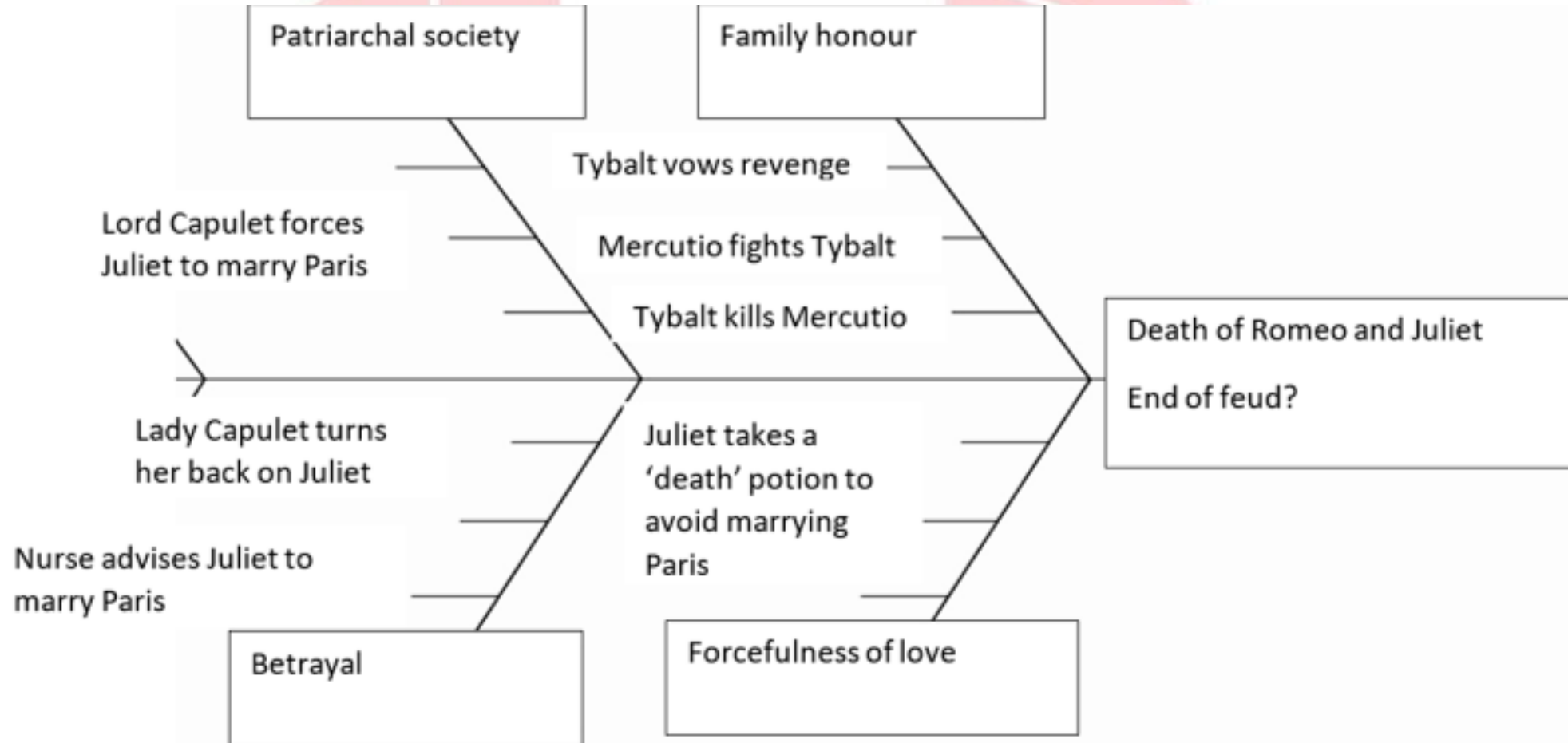**Aspiration**
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What is the Fishbone Diagram

A fishbone diagram is a visual way to look at how smaller ideas link together to form a greater overall ideas.

It is a more structured approach than some other tools available for brainstorming causes of a problem. The overall idea is displayed at the head or mouth of the fish. Possible smaller ideas are listed on the smaller "bones" under various cause categories.

An Example

Patriarchal society

Family honour

Tybalt vows revenge

Lord Capulet forces Juliet to marry Paris

Mercutio fights Tybalt

Tybalt kills Mercutio

Death of Romeo and Juliet

End of feud?

Lady Capulet turns her back on Juliet

Juliet takes a 'death' potion to avoid marrying Paris

Nurse advises Juliet to marry Paris

Betrayal

Forcefulness of love

Other Resources

You can also find a plethora of other revision resources, tips and guides on the school website at the below link:

https://www.highdown.reading.sch.uk/study-skills

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