

Study skills

How can parents help?
What can daughters do?



Encouragement

How much encouragement/guidelines you put on your daughters to study will depend on your daughter.

No encouragement/
no discussion

Encouragement
but allowing
daughter to make
decisions and
manage self

Strict
enforcement
of study

Where you are on the continuum, depends on your daughter and your relationship with her.
What is the ideal?



Time and place

Ensure that there is a comfortable and quiet place for your daughter to study. It needs to be somewhere your daughter is happy to be and which works for her as well as for you.

There should be few distractions . Often distractions will include: cell phone, Facebook, TV, friends. You have the choice to monitor how time is spent with access to these or to deny access. If work is getting done, then be OK. Know your daughter and what works for her. Balance the need to control and the need for her to make decisions.

Time – needs to be organised around commitments. As your daughter gets older, she needs to be able to juggle her commitments and her need to study so that when she leaves school, she can be independent.



Timetable

Girls can feel overwhelmed and study can feel like a huge burden.

Make sure you stress that the key to success is doing little and often.

Encourage your daughter to create a timetable and divide up the time they have. It is crucial for seeing what needs to be done and making study manageable. The timetable should:

- include breaks and down time;
- be structured in short bursts;
- give a fair amount of time to each subject – be wary of the attitude ‘I know all this so I am concentrating on xxx which I don’t know as well.’ Time should be spread across all areas.



Staying healthy

Make sure your daughters:

- Exercise
- Eat well
- Sleep
- Relax
- Keep examinations in perspective – being over anxious can be detrimental to achievement
- Stay motivated and are active in their study

As a parent, it is good to be calm and encouraging. It helps your daughter to feel supported.



Be there

- To test them when they need to go over something;
- To listen to them when they need to talk through their ideas;
- To provide guidance when they are struggling;
- To prompt them to start early and not leave revision to the last minute;
- To encourage and support without controlling.



Good questions for your daughter to ask at the start

- What do I already know about this?
- What key words jump out?
- Do I understand them?
- What resources will I need to learn more? A textbook, Web site, expert, organization, etc.?
- As I study, do I understand? If not, do I ask why?
- Do I summarize for myself? Agree or disagree?
- Do I need more time, and/or sources, to use my time wisely?
- Who can I name for a study group? Who can help me organize one?
- What other "experts" will help me understand?

<http://www.studygs.net/metacognition.htm>



Study skills

What can daughters do?



Reducing the notes

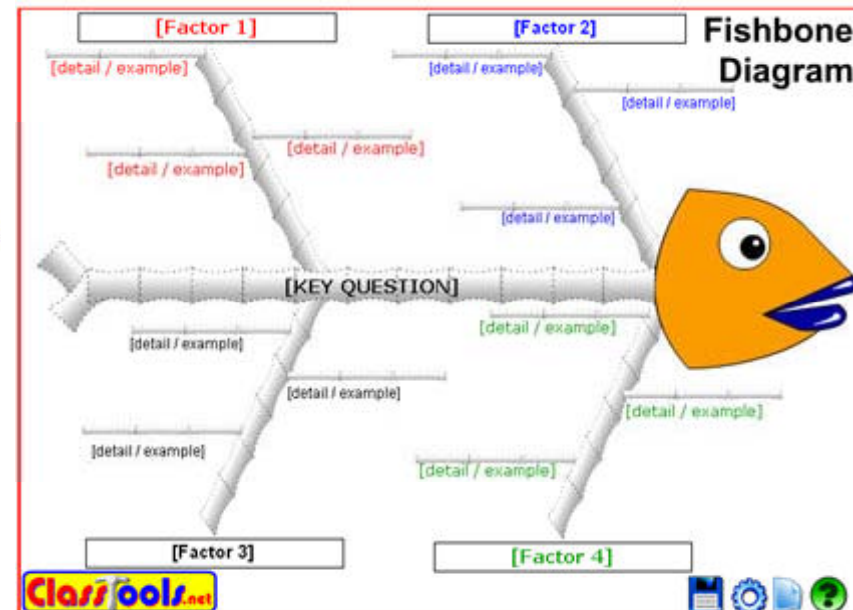
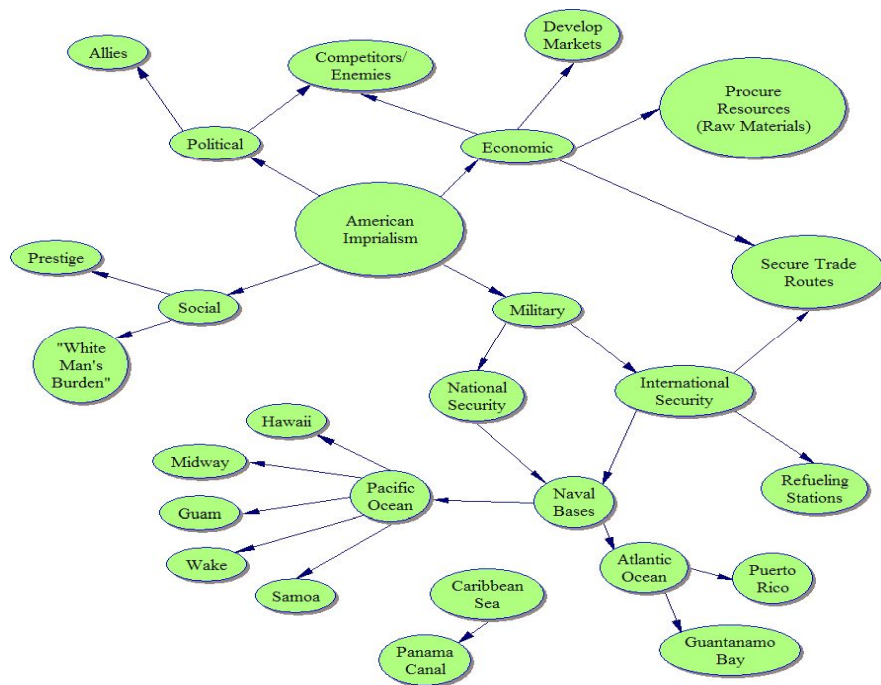
If the subject has a lot of information, an important part of the studying process is to reduce the notes down. This can be done by:

- creating cue/ flash cards;
 - drawing posters with key information on them;
 - using colour to annotate notes;
 - reducing several pages of notes into one page.
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- You will see evidence of this happening in your home. Posters will appear on walls, in bathrooms, on fridges. Your daughters can buy cue/flash cards from the student office - \$2.50 or you will find lots of cut up paper on the floor after cards have been made.



Working with the notes

An important part of study is working with the notes in some way – such as presenting them in another format. Graphic organisers or concept maps are good ways to present information and make links between pieces of information.



Memorising

A good way to memorise key facts/ dates/ quotations etc is through creating mnemonics. Wikipedia says: Mnemonics rely on associations between easy-to-remember constructs which can be related back to the data that is to be remembered. This is based on the principle that the human mind much more easily remembers spatial, personal, surprising, physical, humorous or otherwise meaningful information, as compared to retrieving arbitrary sequences.

EG: "Richard Of York Gave Battle In Vain" – for the colours of the rainbow

An important part of learning facts etc is to regularly test to see if the information has been retained.



Finding out more information

Sometimes reading around a topic can be useful for studying and provide variety in the studying process. A Google search can reveal information easily. Key sites are:

- You Tube clips from the Khan Academy – lots of tutorials about many subjects can be found.
- Studyit – a NZ site that allows students to ask questions about NCEA and has teachers answering student queries -
<http://www.studyit.org.nz/>



Test questions

- An important part of the studying process is doing practice tests and seeing how much information has been retained. It helps to show up any gaps in learning. It helps students to apply their learning.
- Get feedback from the teacher.
- Advise your daughter if they get stuck to ask questions. They could go to: a Teacher/ Friend/ Mentor/ Yourselves/ Online forum/ Tutor.



Some tips from other students

- Study in small amounts, regularly;
- Start early;
- Challenge yourself to work to a higher level;
- Understand A/M/E for each level;
- Don't assume you know something, check by testing yourself;
- Be confident;
- Don't over study – learn to relax.



You Tube

How can parents help?

<http://www.youtube.com/watch?v=SCp3OFRod1g&feature=related>

Revision strategies:

<http://www.youtube.com/watch?v=H7cYM1enisE>

Ten Top Tips:

<http://www.youtube.com/watch?v=wjh10kj9Y64>

How to remember what we read:

<http://www.youtube.com/watch?v=aVrGNn6IBu4&feature=related>



Studying- a process



- Create timetable
- Ask questions about where up to
- Set place up at home

- Note making
- Reducing information
- Creating graphic organisers
- Creating cue cards
- Creating posters

- Check what has been retained: test knowledge through answering practice questions
- Get feedback from others

- Review results and go back to studying in light of what you know

- Check through the process and make sure all areas are being covered

Parents – look for evidence that this process is happening

