

Quick video! – 13  
scientific study  
tips!

---

<https://youtu.be/eVlvxHJdql8>

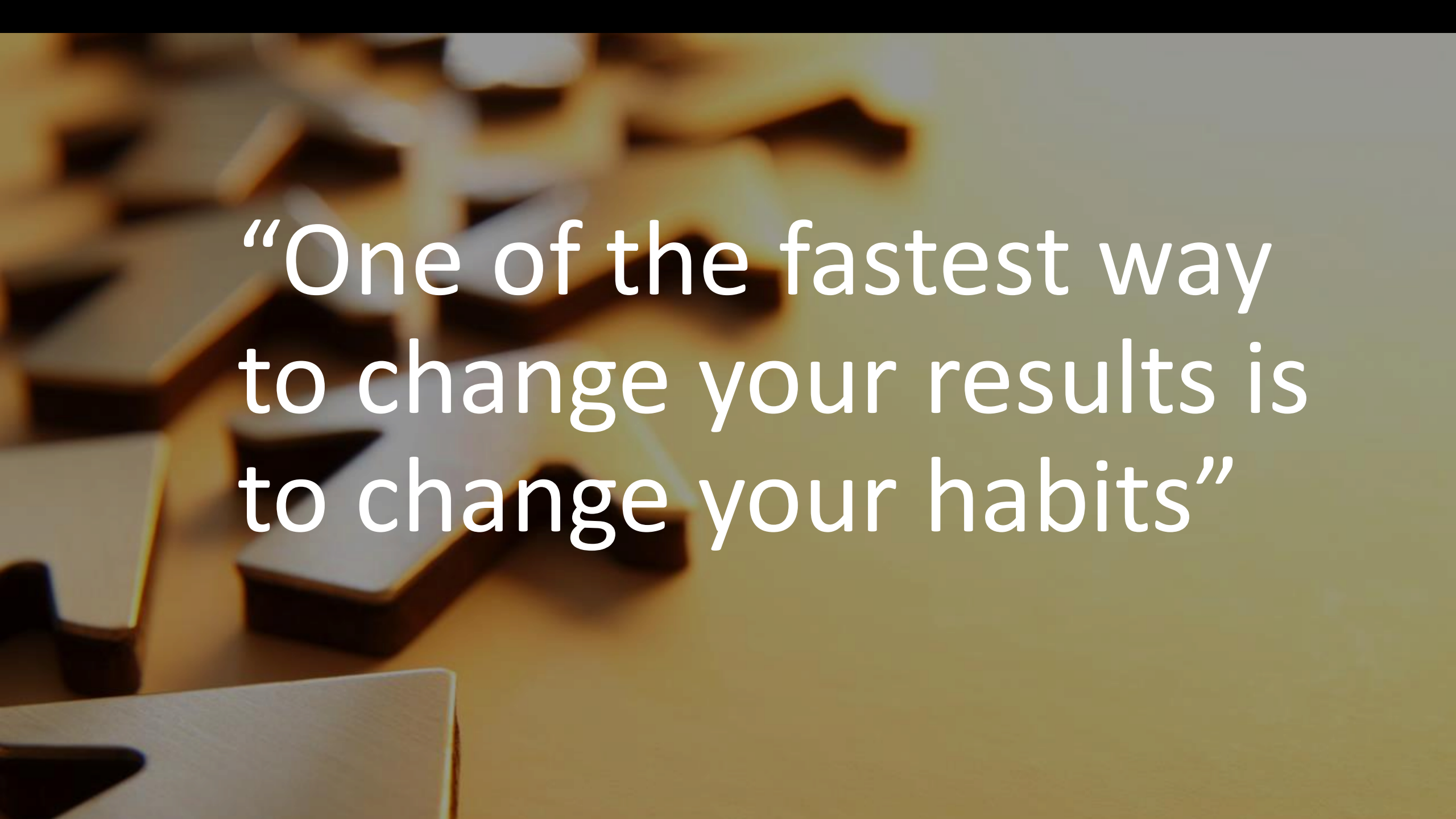


# Study Habits

---

- A habit is a behaviour that is repeated regularly and tends to occur subconsciously.
- New behaviours can become automatic through the process of habit formation.
- Habits can be good (getting up when your alarm rings) or bad (hitting the snooze button).





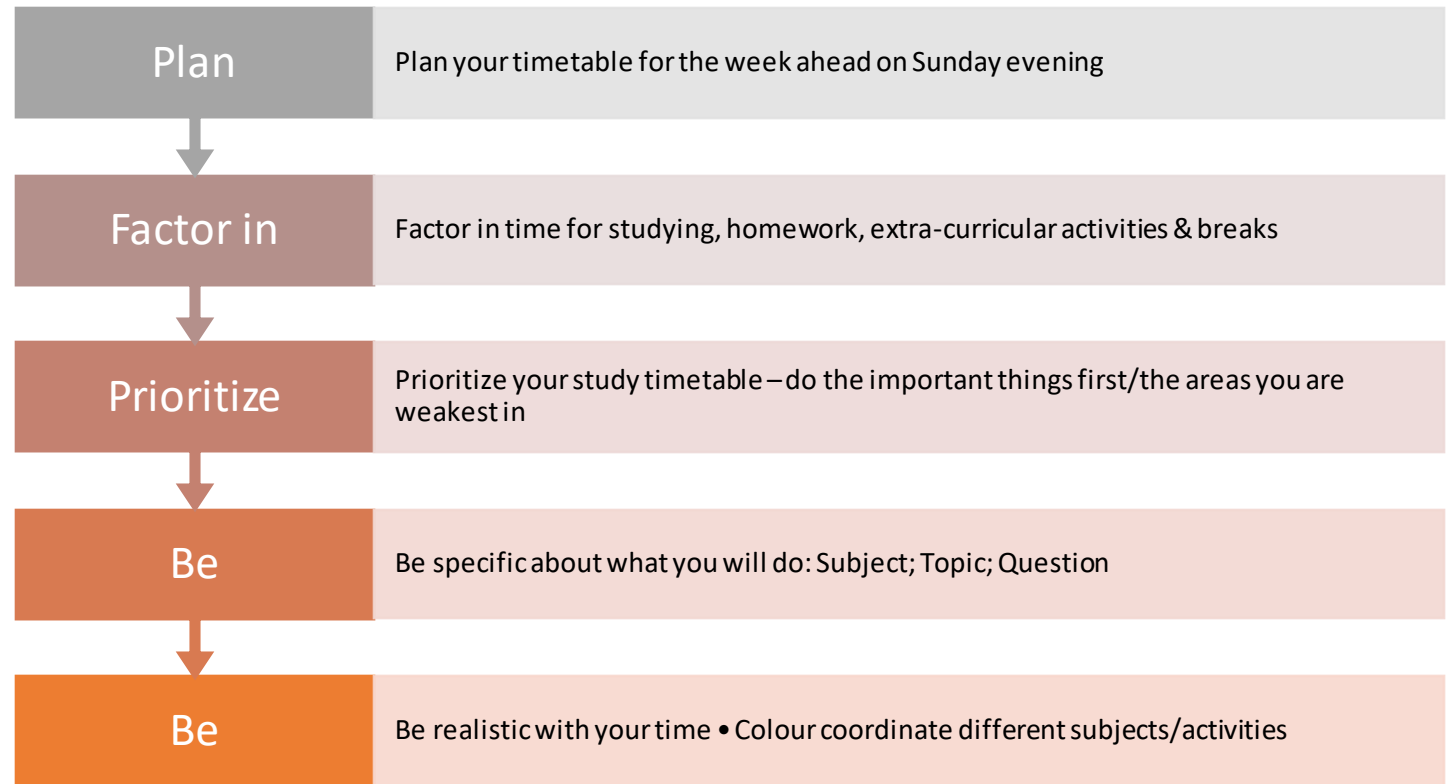
“One of the fastest way  
to change your results is  
to change your habits”



# Study Habits

- **Good Study Habit:** Completing the hardest task first
- Bad Study Habit: Completing the easiest task first
- **Good Study Habit:** Planning what to study in advance
- Bad Study Habit: Not having a plan in place
- **Good Study Habit:** Reviewing notes before studying
- Bad Study Habit: Not reviewing notes before studying
- **Good Study Habit:** Staying focused on the task for a designated period
- Bad Study Habit: Checking social media during study sessions

# Create a Study Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday
		Study Timetable			



4:00 PM	Homework	Homework	Soccer Training	Homework	Homework	English - plan King Lear essay & start on first draft (10am-11am)
5:00 PM	Homework	Homework	Dinner	Homework	Homework	Biology - Photosynthesis Exam Q 2014 paper (11-12pm)
6:00 PM	Dinner	Dinner (6:00-6:30)	Homework	Dinner (6:00-6:30)	Dinner (6:00-6:30)	Lunch (12-1pm)
7:00 PM	Maths - 2018 Paper 2, Question 2 (Algebra) + ixl questions	Piano Lesson	Homework	Online Irish grind (6:30-7:30)	Meet Friends (6:30-11:00)	Maths - 2020 Paper 1, Question 7 (Trig) + ixl questions (1-2pm)
8:00 PM	Geography - Vocanos- create mind-map	History - American Civil War - create mind-map	English - learn off King Lear quotes (index cards)	Learn off Irish vocab (use quizlet) (7:30-8:30)	Meet Friends	French postcard, pg 34 (2-3pm)
9:00 PM	Relax	Relax	Relax	Relax (8:30-10:00pm)	Meet Friends	Meet Friends (3-4pm)
10:00 PM	Bed	Bed	Bed	Bed	Meet Friends	Meet Friends (4-5pm)





# Habit Formation

- Habit Formation There are 2 ways to form new habits:
- 1. Implementation Intention
- 2. Habit Stacking

# Implementation Intention

- Implementation intention is a plan you make beforehand about when and where to act.
- That is, how you intend to implement a particular habit.
- **New Habit** + **Day** + **Time** + **Location** (not always in that order)
- **I will study for 1 hour every day at 4:30pm at my desk in my room.**
- **Every day at 4:30pm I will study for 1 hour at my desk in my room**



# Habit Stacking

- We all have strong habits that we practice each day subconsciously (brushing our teeth in the morning).
- Habit stacking takes advantage of this by pairing a new habit with an old habit.
- After/before current habit + I will new habit
- After I turn my alarm off in the morning, I will swing my legs out of bed and get up.

“If you keep doing what  
you’ve always done,  
you’ll keep getting what  
you’ve always got.”

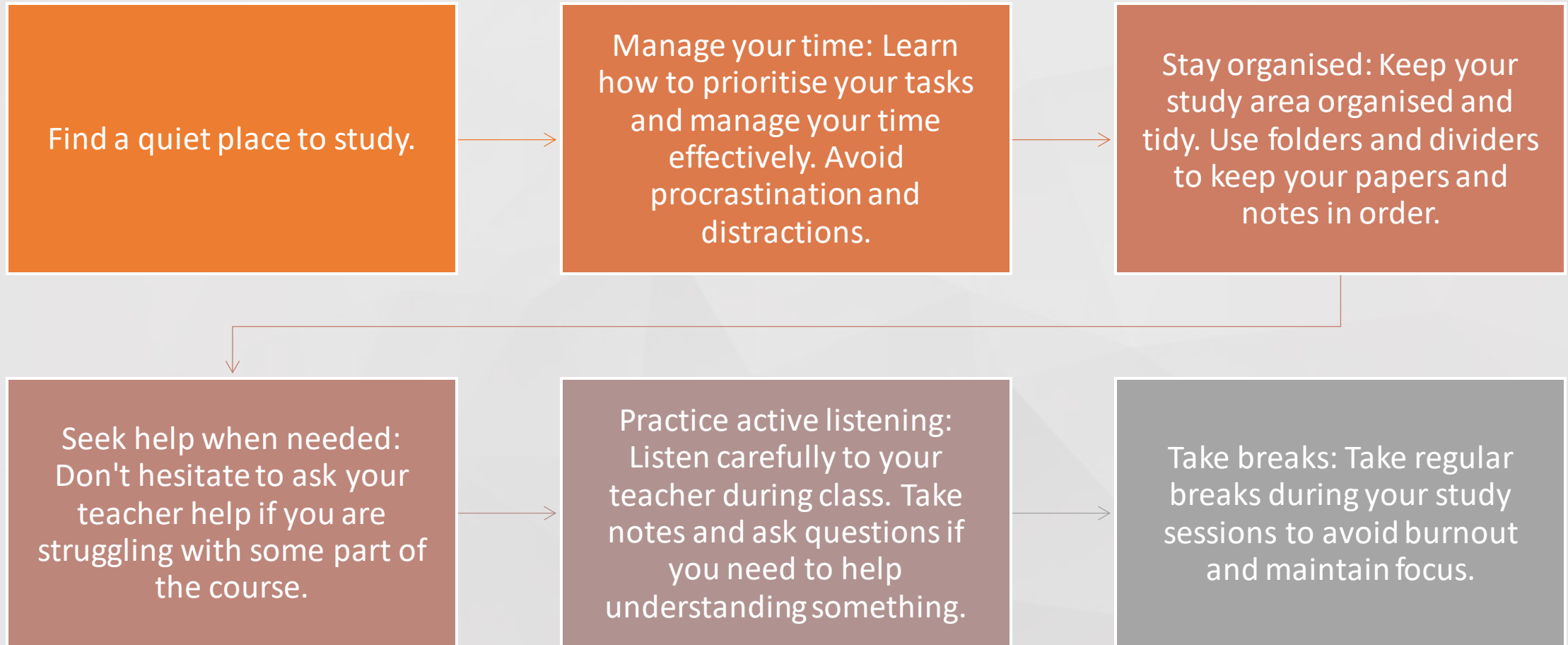
*W. L. Bateman*



PREMIER  
TUITION CENTRE



# Simple study skills for all



# What kind of learner are you/what is your learning style?

---

- Go to the following web address to find out ( or just google one similar)
- <http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>



# Visual Learners

---

Visual Learners: Visual learners learn best through visual aids such as pictures, diagrams, and videos. They need to see information presented to them in a clear and organised manner. For example

---

Use diagrams and mind maps: Draw diagrams and create mind maps to visualise complex ideas and see how different concepts are connected.

---

Watch videos: Look for educational videos online that explain the topics you are studying. This can help you to understand the material more easily than reading it in a textbook.

---

Use flashcards: Create flashcards with images to help you memorise information. You can also use flashcards to organise information into categories or to compare and contrast different concepts.

# Visual Learners

**Create visual summaries:** Summarize what you have learned in visual form. For example, create a poster or infographic to summarise the main points of a lesson.

**Use colour coding:** Use different colours to highlight important information or to group related ideas together.

**Visualize the material:** When reading, try to visualise the material in your mind. This can help you to remember the information more easily.

**Use graphic organisers:** Use graphic organisers, such as flowcharts or timelines, to organise information and make connections between different ideas.

**Use technology:** Look for apps or software that use visual aids to help you study. For example, many apps allow you to create flashcards with images or to watch educational videos



# Auditory Learners

- Auditory learners learn best through listening and hearing information. They tend to remember things better when they hear them spoken aloud, so they benefit from hearing the language spoken in conversation, stories, and songs. For example;
- Use audio recordings: Record yourself reading your notes aloud and then listen to the recordings while you're studying. You can also use audio recordings of lectures or textbooks.
- Participate in conversations with native speakers to practice speaking and listening skills.
- Record themselves speaking in the target language to practice pronunciation.
- Use language learning apps or software that include audio components

# Auditory Learners

**Participate in discussions:** Join study groups or participate in class discussions. This allows you to hear and process information through discussion and conversation.

**Use repetition:** Repeat important information to yourself by reciting it or explaining it to someone else.

**Use mnemonic devices:** Use mnemonic devices such as rhymes, songs, or acronyms to help you remember information.

**Use podcasts or audiobooks:** Look for educational podcasts or audiobooks that cover the topics you're studying. This can help you to understand the material more easily than reading it in a textbook.

**Use your own voice:** When studying, use your own voice to explain concepts to yourself. This helps you to hear and process the information.(talk out loud!!)

# Kinaesthetic Learner

A kinaesthetic learner is a person who learns best through physical activities and hands-on experiences.

Kinaesthetic learners are active and enjoy touching and manipulating objects to learn new information.

They often have a strong sense of spatial awareness and can remember information more easily when they are able to engage with it physically.

Take notes by hand: Writing notes can help you retain information better. You can also use highlighters and different colours to make your notes more visually appealing.



# Kinaesthetic Learner

Use flashcards: Flashcards are a great way to memorise information. Write down a term or concept on one side of the card and the definition or explanation on the other. Then, shuffle the cards and quiz yourself on the material.

Try mnemonic devices: Mnemonic devices are memory aids that can help you remember information. For example, you could use phrases such as "My very eager mother just served us nine pizzas" to remember the order of the planets in the solar system (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto).

---



# Kinaesthetic Learner



Act out concepts: If you are learning about history or literature, you could act out scenes or events to help you remember them better. This can be especially effective for visual learners.



Take breaks and move around: Kinesthetic learners often need to move around to stay focused. Take breaks and engage in physical activities like stretching or going for a walk to keep your brain active.



Experiment and learn through trial and error: Kinesthetic learners often learn best by doing. Try experimenting with different solutions to a problem or challenge and learn through trial and error