

Study Hacks Session Refresher (Year 7 – 9 Students)

Strategies 1 – 5

These are simple ways students can learn more effectively.

- 1. Mind mapping and drawing pictures:** Research has found that drawing pictures of information you need to learn makes it more memorable. For best results, draw the information out in a ridiculous, weird and/or funny way.
- 2. Animations:** Find animations on concepts you need to learn. With animations, you have the moving images and the spoken words, which helps to double the impact of your learning.
- 3. Kid's books:** Kid's books contain lots of colour, pictures and simple explanations. If you're feeling confused, it's a good idea to access kid's books on the topic. Go back to basics. Once you've got your head around the basic ideas, you can build on it with more complex information.
- 4. Flashcards:** Grab some palm cards. Write a question on one side and the answer on the back. Test yourself. Read the question, before you flip the card, try to answer it. Just be careful, it's easy to fall into the trap of rereading (i.e., reading the question and then reading the answer straightaway).

You can also experiment with flashcard apps like Quizlet and Anki.

- 5. Teach a wall, your pet dog, and/or a friend:** Without looking at your books or notes, try explaining a concept you need to learn to the wall, a pet, and/or a friend. When you have to teach an idea to someone, this helps you to see if you really understand it. It forces you to organise the information in your brain.

It also gives you valuable feedback. If you get halfway through explaining an idea and you don't know how to proceed, that tells you something: you don't quite understand it yet. No problem! Go back to mind mapping, watching animations, or reading kid's books. Work your way up to being able to teach someone.