

PARENT INFORMATION

Stress-Free Study Skills Workshop

Dear Wonderful Parent,

Today, your son or daughter attended a workshop called Stress Free Study Skills. It is the perfect introduction to the techniques, habits and attitudes required for exam success. We know that kids very often don't talk much about their day, so we thought we'd give you a little insight into what was covered and, more importantly, what you can do to support and encourage the continued use of these tools and techniques.

KEY TOPICS

Mind-Mapping

We started the session by blowing their minds with a mind-map all about Lewis Hamilton. In just five minutes they were able to memorise all of the key facts from a page of over 500 words! And, without looking at the mind-map again they could still recall the details when tested at the end of the session.

Mind-mapping is possibly the most powerful and effective study tool that a student can learn. Regular use of these will significantly improve recall for exams.

We went on to look at the rules for creating excellent mind-maps, and also looked at additional uses for mind-mapping such as planning and note-taking.

HOW YOU CAN HELP...

- Ask them to tell you everything they know about Lewis Hamilton
- Have a look at Tony Buzan's website (the creator of mind-maps) <https://www.tonybuzan.edu.sg/about/mind-maps/>
- Encourage your child to use mind-maps when they are revising
- Provide coloured pens and encourage the use of colour in everything they do.

Mind-Mapping

Page is landscape

- Fits the anatomy of our face

Central image (BODY)

- No gaps
- No borders or fluffy clouds

Sub-topics (ARMS)

- Section heading
- Lines MUST be arrow/triangular shaped – pointing towards the data

Detail (FINGERS)

- Lines are used to UNDERLINE the data
- Only extending in one direction

All lines are connected

- Nothing hanging off the end

One word/picture per branch

- Keep it simple

Use colour

- All lines in one section are the SAME colour
- Details are highlighted by using different colours

"It's all about the flow"



CONTINUED OVERLEAF

Stress-Free Study Skills Workshop

KEY TOPICS

The Brain

We had a look at how a positive mindset releases chemicals that actually speed up our brain – up to 31%. We also looked at how a negative mindset can slow down the brain by up to 30% leading to brain fog, lack of understanding, loss of confidence and boredom.

We discussed ways that we can develop and use a positive mindset even when we don't enjoy something e.g. "I hate maths" will slow down the brain whereas "maths isn't my favourite subject but, today, I am going to give it my best shot" will speed up the brain. Over time, a consistently positive mindset will make maths easier and more interesting.

We also looked at the two hemispheres of the brain – one dealing with logic, the other creativity. When we engage both sides (hemispheres) of the brain, we learn faster and more easily so the use of creative learning techniques should be encouraged.

Multi-Sensory Learning

When we learn at school, we mainly use our visual and our hearing senses. However, if we also use our feeling sense this adds an extra layer of memory that could be the difference between remembering and forgetting.

But how do we use our feeling sense in learning? Easy, we act. Or, rather, we use action to help us remember key facts. It's like the difference between trying to learn to play piano by watching someone else versus trying it yourself.

We taught the students the VHF Story Technique which uses a combination of imagination, creating actions to remember key words and then linking these together by making up a ridiculous story. By the end of this technique the students could remember all the facts forwards, backwards and in any order. Pretty useful for exams!

Regular Review

Within 24 hours of learning information, a human being forgets an average of 80% of the content! (that's why cramming does NOT work).

Using a regular review cycle will stop this from happening. The key here, is little and often. Possibly the best advice you can ever be given on how to revise.

HOW YOU CAN HELP...

- Encourage a positive approach to all school activities and home activities such as homework and revision
- Actively encourage the use of creative techniques such as mind-mapping, the VHF Story and Summary Posters
- Provide any resources needed e.g. coloured pens, blank paper.

- Ask your child to explain (or even demonstrate) the VHF Story Technique
- Encourage them to use multi-sensory learning. Maybe not for everything but certainly for any topics they are struggling to remember.

- Ask you child to explain the regular review process to you
- Provide them with the resources needed to create regular review sheets (paper and a ring binder per subject if possible)
- Do not encourage/push your child to revise for hours at a time. Pushy parents are likely to minimise success levels and maximise stress levels
- Short bursts, done regularly are FAR more effective
- Organisation is key – you can help them organise revision schedules.

An online version of the Stress-Free Study Skills workshop is available to purchase at resilientmeonline.com

For free resources and more information on our workshops please visit www.resilientme.co.uk