



YEAR 9 STUDY SKILLS SEMINAR

Name

WARNING

THIS INFORMATION CAN HELP YOU...

- ACHIEVE YOUR GOALS
- RAISE YOUR GRADES
- FAST TRACK YOUR LIFE

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Choosing your GCSE options is important. Here are some tips that will help you make the best choice for YOU.

Interest

If at all possible, choose a subject that you find interesting. Interest and effort are nearly always linked and if you put in extra effort it will help you achieve higher grades.



Learning styles

Different subjects can involve different learning styles. For example, are you the kind of person who likes to sit and listen to a teacher, or are you the sort of person who likes to design and build something with your hands? Ask a teacher what you can expect of a course. Talk to someone who has done the course and ask what they thought of it. Gather as much information as you can so that you are not disappointed half way through the course.

Friends

We all need friends but you don't have to choose the same options as them. Don't worry if you choose a different option from your friend - your friendship will continue. Be careful if a friend tries to push you into choosing the same option as them. Remember, it's your life and you make your own choice.



Career

Try to think about what you might like to do after school. If you are confused, it might help to take a piece of paper and list the kind of things that you're good at or enjoy on one side, and the things you're not so good at or don't like, on the other side. Talk to people who know you well (family, friends, teachers) and listen to what they think about you. Try to choose options that will open doors for the sort of jobs you might be interested in.

Your brain has an amazing ability to remember all sorts of things. In fact, it is so complex that it can get bored very quickly. That is why it is constantly looking for something new to do. So when it comes to preparing for your exams, try to revise in different ways. That is working WITH your brain.

Once you have started your revision try to create a momentum. For example, do several short chunks every day every day and keep going over the information you learn.

Remember that your brain will work so much better when you actually focus on what you are trying to learn. Find out where, when and how you can focus best and avoid distractions!

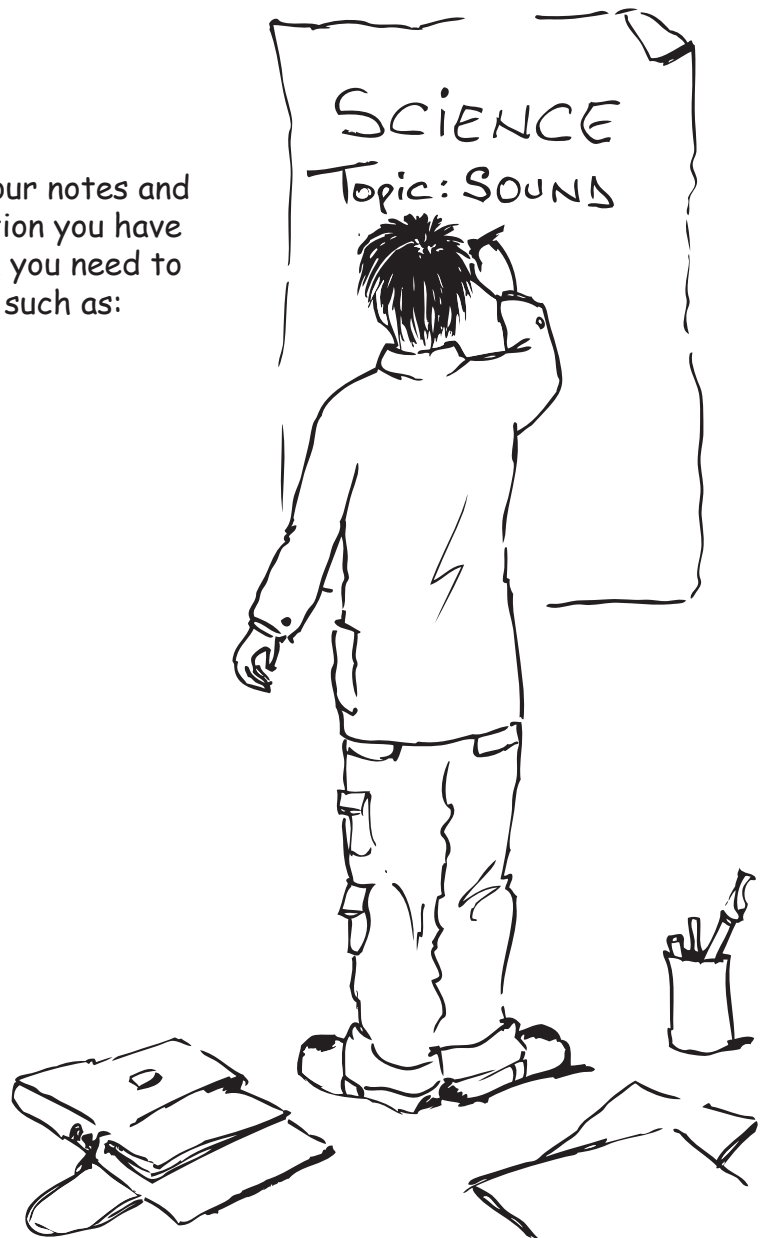
Use some of the tried and tested tips below.

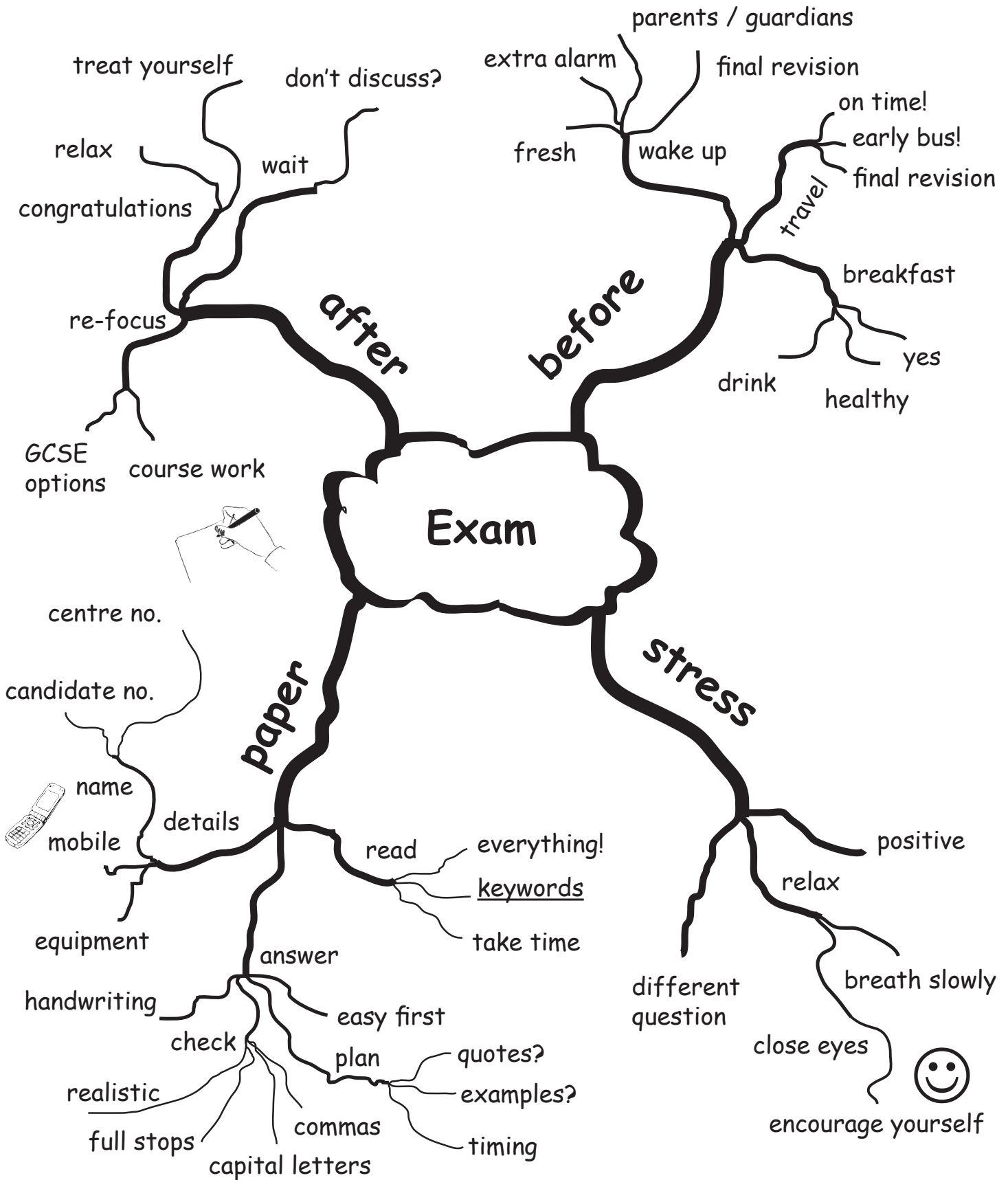
Revise in three steps.

Step 1

The first step is to read through your notes and remind yourself about the information you have to revise. Once you have done this, you need to do something with the information, such as:

- Make some notes
- Draw and write a mind map
- Make a revision poster
- Make some flash cards
- Tell yourself a story
- Make a word wall of the key words
- Act out the information
- Have longer and shorter revision sessions





We all experience stress at certain times, and a degree of stress actually helps you to raise your game and perform well. However, too much stress has a negative effect and you need to be able to control it.

Here are some tips to help you cope with exam stress.

Accept some

Understand that some stress is inevitable and will spur you on to do your best.

Positive environment

Before you start revising try to create a positive work environment. For example, switch off your mobile 'phone and clear your books from your desk. Just have a sheet of plain paper to write down key words while you revise.

Start early

Allow yourself plenty of time to cover your topics not just once, but several times. Long-term learning is better than short-term cramming.

Mock exams

Do as many mock exams and practice papers as you can. It will prepare you for what you can expect on the day and help you work out whether you need to speed up or whether you can take more time.

Know your weaknesses

Don't ignore your weaknesses. If you find something difficult, work at it and give it extra time. Is there someone who could help you understand it better?

