Studying MADE Simple

Encouraging independent learning

In this two-hour immersive workshop, students will learn and adopt relevant strategies to take control and ownership of their learning. By empowering students with the skills they need to develop learner autonomy, this workshop will build both confidence and capability in designing an effective workspace, complete homework, manage distractions and revise for exams.

RATIONALE

Self-study or Independent learning is when students set goals, monitor and evaluate their own academic development, encouraging them to become responsible for their own study and revision. Meyer and Faraday (2008) suggest that successful independent learning depends on both external and internal factors. External factors such as creating an enabling environment. Internal factors such as the skills required for memorisation, attention, prioritising and problem-solving. Studies suggest that students who take responsibility for their independent studies work to higher standards, are more motivated and have higher self-esteem than other children, leading to a higher level of self-efficacy in their exam performances. Students need to develop skills that help them further their own learning by using their own ideas to form opinions; solving problems and using a range of strategies in their learning.

With explicit teaching, pupils are more likely to use these strategies independently, enabling them to manage their own learning.

EEF Toolkit

OBJECTIVES

• To understand the importance of homework.
• To equip students with a range of effective study and memory techniques.
• To encourage students to commit to regular revision.
• To help students adopt positive studying habits and consequently, achieve better grades.
• To inform students how to manage a suitable environment for studying at home.

SKILLS taught and their BENEFITS

Establishing positive study habits include finding a quiet location to study, taking breaks, settings goals, and taking practice tests. Studying can be hard. The good news is that anybody can develop good study habits to make studying more effective, efficient, and enjoyable.

Prioritising is important when students have a lot of homework or revision to do. We introduce students to the 'Eat the Frog' principle, which encourages them to write out their list of tasks and decide upon which one is the most important and urgent.

The Memory Stack is an evolution of the memory story. In the memory stack, items are linked together through a story but with added actions and emphasis. Each item in the story should release the following piece of information, with each piece of information building upon the last; creating in effect, a 'stack' of concepts.

Environment can play an important role in helping a student to focus. Students will be encouraged to arrange their study zone to help them focus and concentrate, simulating exam conditions by working at a desk and sitting in a chair.

Managing distractions is an important skill for students to learn if they are going to make the most of their time. Distractions are a part of daily, modern life; this skill will be a lifelong benefit.

78% of students found that they "are now able to study well on my own."

Survey from 1199 students conducted by Greater Manchester Higher on MADE Training.

OUTCOMES

By the end of the workshop, your students will have:

• Understood the importance and benefits of homework and independent study.
• Developed effective strategies for revision planning, time management and positive studying habits and environments.
• Improved their memory skills and ability to prioritise.
• Gained confidence in their own abilities and potential.
• Increased motivation to commit to regular revision sessions.
• Developed a positive attitude towards studying, revision and exam preparation.

GATSBY Benchmarks: 3,6
NERUPI Framework: Practise
PSHE Core: Living in the wider world

Statutory Guidance, Curriculum and Frameworks