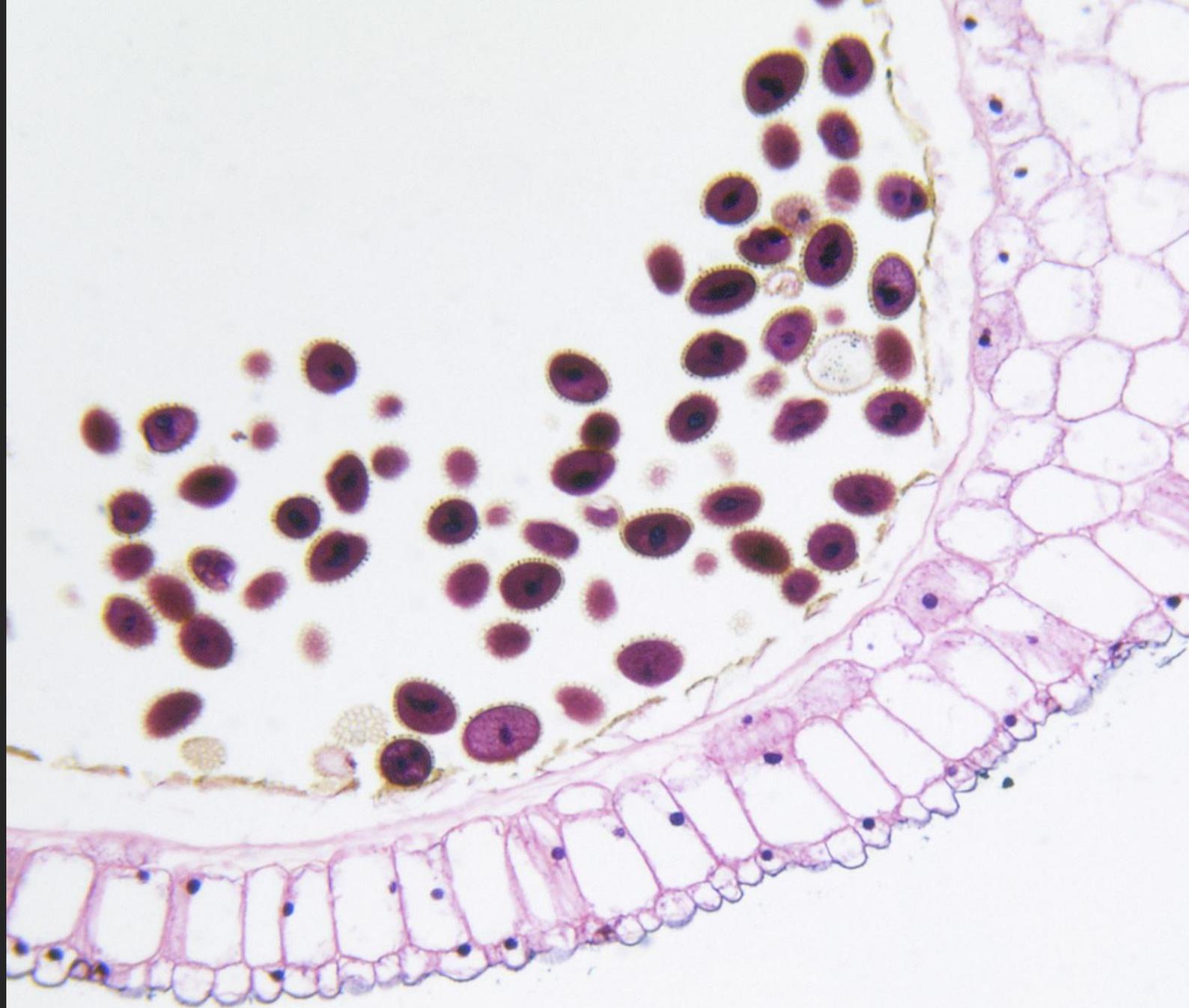


Studying Techniques

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When is the best time of day to study?

When?

The best time to study really depends on the individual

Some study better in the morning whilst some study better at night

Studies have shown however that people do study better in the morning, this is due to you having an alpha brain wave in the morning, better for memorising information.

They have also shown studying at night is beneficial due to your brain processing the information in your sleep!



What to study?

when it comes to knowing what to study the best way to find this is by using: textbooks, course syllabuses (found on sqa website) and asking teachers.

Making lists of what you've covered in classes e.g. topics or chapters, then going over this list making notes on these topics



How to study?



Knowing how to study is one of the biggest challenges every student comes across! There's no specific way that's a "fool proof method".



The best way to find what works for you is by trying almost every method then choosing the methods that work for you.



the thing to remember although is even although a method's quick, what matters is how long you spend going over information. Do remember quality over quantity although!

Study Techniques

Mind maps: making colourful mind maps that aren't too full of information

Flash cards: particularly useful for terms, writing the meaning on one side and the term on the other. Then get someone to test you or even test yourself! A good resource for this is quizlet or tiny cards

Making notes: this is a good way of revising older information, the notes need to be colourful and clear although.

Teach your dog: as mad as it sounds teaching someone or something else, is one of the best ways to both understand things yourself and to remember it

Remember alongside studying its important to have hobbies/ extracurricular activities to take your mind off studying for a while.

Where

one of the most important things whilst studying is to find somewhere quiet and without many distractions

a bedroom, make sure you're not looking out a window or drawn to posters

so basically somewhere that's quiet, not too busy and you won't be distracted easily

Science Insights



This is an opportunity run by the university of Edinburgh. Its aimed for students in 5th year with an interest in applying for science, vet med, and medicine



The course lasts around a week and allows students to get hands on in the university lab, help with personal statements and gain an insight into life as a student. The experience gained is highly sought after for courses like vet med, medicine and science based courses.



The course applications open from mid February and then the deadline is around the easter holidays.



So the strands of the course are: vet med/medicine, biology based, then a new physics strand will be open in the 2020 course.



Dates are yet to be confirmed but it looks like last week in July!

What to do to help us



There's loads of things that you can do to help us that will make a HUGE difference to how well we study and the quality of studying that can be achieved! Such as:



- Leave you alone (sometimes not always)



- offer help to quiz you on topics/terms



- offer to get you things, good food, make good meals!



help to organise study materials, past papers help to find text books or revision guides.



offer advice and just be there with a cup of coffee!

<https://www.bbc.co.uk/programmes/articles/2Qf86MGyCkHITq4h1tWfknn/advice-for-parents-whose-children-are-sitting-exams>