

Study Hacks:

Tips for getting the most out of study time during
online learning



Key Takeaway: Have a game plan!



When to study?

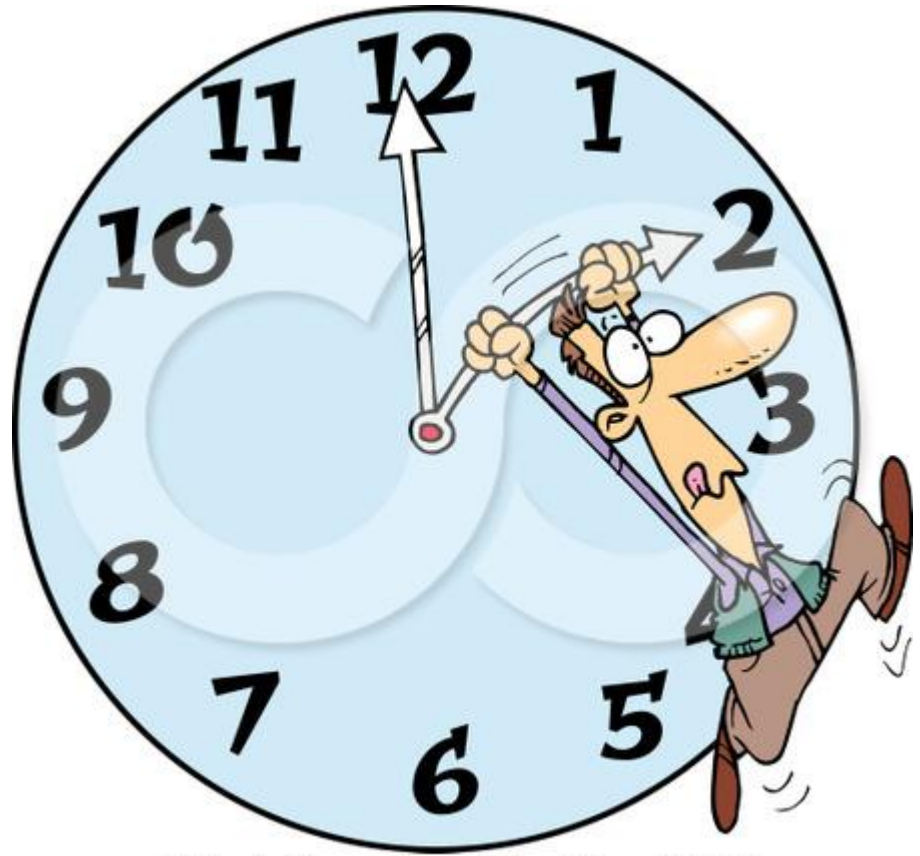
What to study?

How to study?

Why study?

Organising Your Time

Working smarter not
(necessarily) harder



Homework vs Study

- Aim for 1 - 2 hours per day outside of class time for homework AND study.
- Give yourself one day per week completely off.
- Ensure study time for subjects are equal.
- “Study Bank”.



**KEEP
CALM
AND
LOVE
STUDY**

Online learning - Sample Schedule

- 8.50/9am - 3.05pm - online learning (go outside/for a walk at lunch)
- 3.15 - 4.15 - Leave the house - go for a walk/jog/run/bike ride, do some sports drills eg. Practise your ball skills, video chat with your friends while outside, walk to the shops to get some essential supplies
- 4.15 - 5.15 pm: homework/study (Use Pomodoro technique)
- 5.15 - 7pm - chores/shower/dinner/downtime/family time
- 7 - 8pm: If needed - homework/assignments/study/revision (this might be with a study buddy on a video call - quiz each other on content)
- 8 - 9pm: Downtime (no computer/phone screens) - read/listen to music/family time/tv
- 9 pm: Sleep.

Get started with **THE POMODORO TECHNIQUE**

1

Identify your tasks for the day

2

Set a timer for 25 minutes

3

Work for the duration of the timer

4

Take a five minute break



After every fourth break, take a longer break of 15-30 minutes



Test Yourself!

- Flash Cards
- Quizlet
- Knowt
- Quizz a buddy
- Education Perfect/Mathletics
- Look, Cover, Say, Check



Make Your Notes Memorable:

- Use colour
- Use images
- Use numbers
- Use fancy writing



WHENEVER I TRY TO STUDY



Get in the zone

Create a study space free from distracting noise and technology.



Break it down

Break down tasks into manageable units with time deadlines for each.



Treat yourself

Reward yourself for completing small tasks.

BEAT THE WEAPONS OF MASS DISTRACTION!

Chill out

Make sure you schedule yourself regular short breaks.



Get together

Start a study group or find a study buddy to help keep you on track.



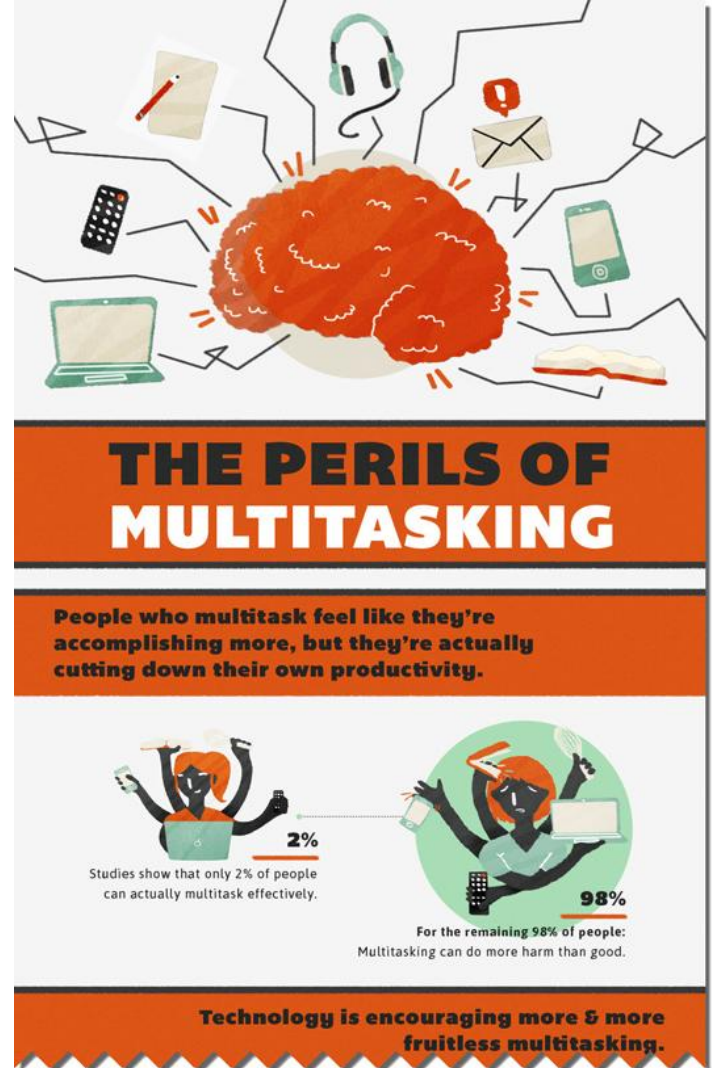
For more practical tools and advice on beating procrastination visit www.thedesk.org.au

Your free toolbox for success and wellbeing while you study

Creating an Effective Study Environment:

Quiet
Comfortable
Distraction - free

Some researchers suggest that multitasking can actually **reduce productivity by as much as 40%.**



This is your brain
This is a new memory
↑ This is new information

How to REMEMBER BETTER: ACTIVE RECALL

by: study-hack.com

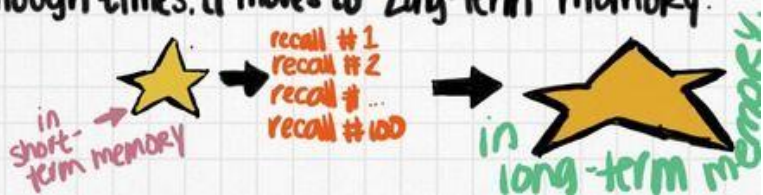
1. New information enters your brain
↳ it gets stored in the working memory for **only a few seconds.**



2. From the working memory it moves to the short-term memory



3. From short-term memory, if it is recalled enough times, it moves to long-term memory.



“A done
something is
better than a
perfect
nothing.”



Me: k I'll start studying at 7 Me
to me at 7:01- you missed your
chance...start at 8

Feedback, Reflection and Goal Setting

- Read all **feedback** on assessment tasks and classwork carefully.
- Set a **goal** for the next task.
- Make a **list** of the things you can do to help you achieve that goal.
- **Ask for help** if you need it.
- **Celebrate** success! Repeat....



Final reminders for online learning:

Are you dressed appropriately?

Phone off and in your bag/another room

Open your laptop - Close all apps, browsers, tabs etc

Open Google Classroom

Mark yourself present on the 'roll' and visible on zoom at the start of the lesson

Read and follow instructions for the lesson.

Blur your background on Zoom.

Not sure what to do? Email your teacher.

Slides below

Don't use with 7-10

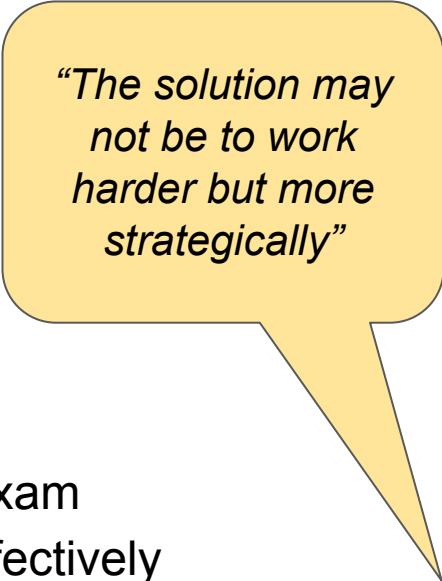
Keys to HSC Success



- 1) **Understand** the key content and concepts.
- 2) Be able to **recall** the key content/concepts.
- 3) **Apply** your knowledge under exam conditions.
- 4) **Communicate** your ideas clearly.

Stanford University Study (2017)

- Engaging in self-reflection to identify and use resources wisely.
- More successful students were those asked to:
 - ★ Think about what they expected to be on upcoming exam
 - ★ Strategize resources they would use to study most effectively
 - ★ Explain why each resource they chose would be more useful
 - ★ Describe how they planned on using their chosen resources.

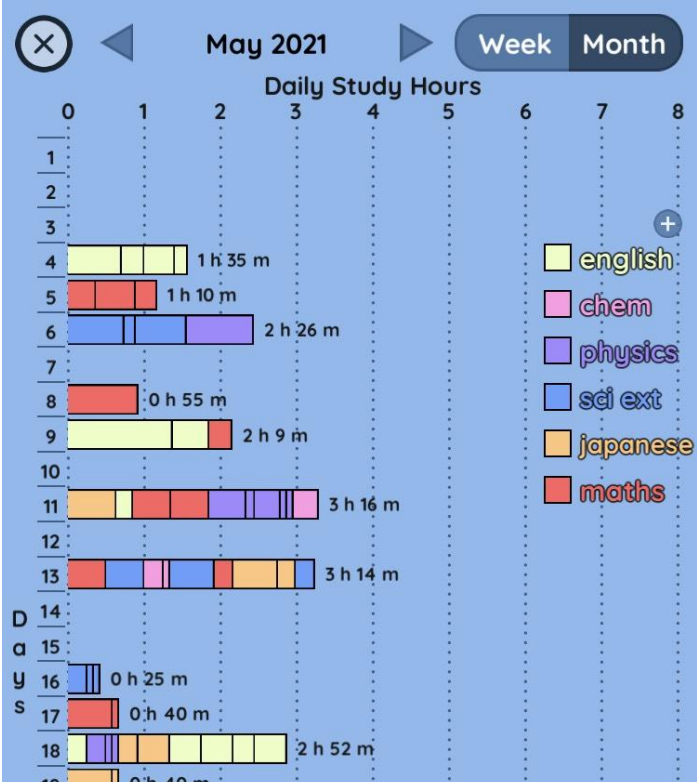


“The solution may not be to work harder but more strategically”

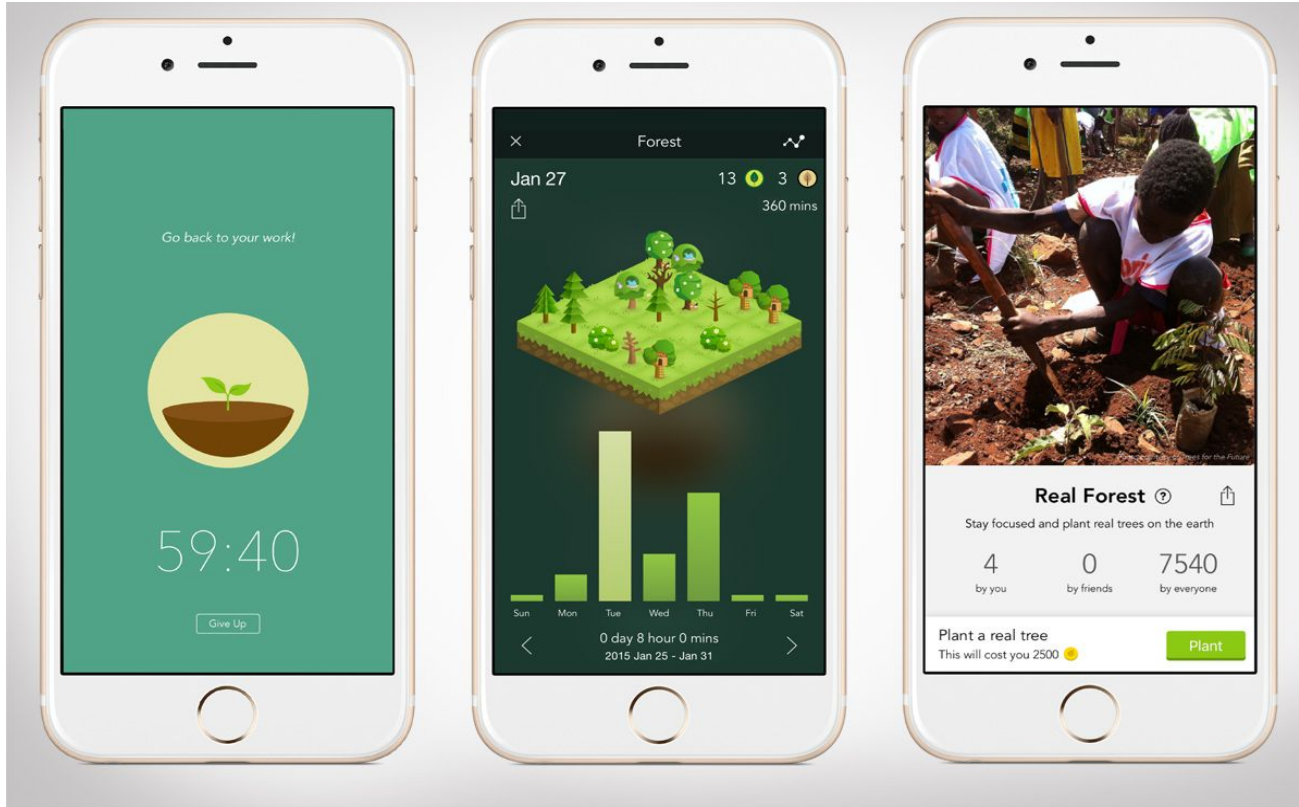
Making time for revision

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4-4.30 <i>Study Break</i> Relax	4-4.30 <i>Study Break</i> Relax	4-4.30 <i>Study Break</i> Relax	4-4.30 <i>Study Break</i> Relax	4-4.30 <i>Study Break</i> Relax	9am-1pm <i>Study Break</i> Cricket	
4.30-5.30 <i>Maths</i> Number examples (do 20 examples)					1-2pm <i>Study Break</i> Lunch	
5.30-7.30 <i>Study Break</i> Dinner and 'Shortland Street'					2-3pm <i>Maths</i> Do three exercises on algebra	
7.30-8.30 <i>Social Studies</i> Revise politics, make flashcards					3-3.30pm <i>Study Break</i> TV	
8.30-8.50 <i>Study Break</i> Facebook					3.30-5.30pm <i>Science</i> Revise biology make mind map	
8.50-9.30 <i>English</i> Write a practice essay					5.30-> <i>Study Break</i> Dinner and out with friends	

Best Productivity Apps - Study Bunny



Best Productivity Apps - Forest




Best Productivity Apps - Habitica

The screenshot displays the Habitica mobile application interface for a user named 'lefnire'. At the top, the user's profile is shown with a level of 23, 46 hearts out of 50, 124 stars out of 500, and 25/108 experience points. A row of avatars follows, with levels ranging from 31 to 90. The main interface is divided into four panels:

- Habits:** A list of habits including 'Stairs instead of elevator', '1 Vegetable', 'Productivity', and '1 Cigarette'. A 'History' graph shows the user's score over time, starting at 100 and rising to approximately 260.
- Dailies:** A list of daily tasks such as 'Productive Work 1h', 'Read 30m', '5 Vegetables', 'Exercise 20m', 'Family Time 1h', 'Meditate 45m', 'Floss', and 'Bed by 11:30'.
- To-Dos:** A list of tasks including 'Call Mom', 'Finish Taxes' (with sub-tasks 'File 1099s' and 'Register on TurboTax'), and a reminder 'Remember to call CPA on Wednesday'. The due date is set for 01/06/2014.
- Rewards:** A list of items earned, such as '1h Video Games', '1 TV Episode', 'Golden Scepter', 'Dark Souls Blade', 'Crystal Blade', 'Stephen Weber's Shaft of the Dragon', 'Mustaine's Milestone Mashing Morning Star', and 'Snowflake Wand'.

The Nuclear Option - Lock Yourself Out!

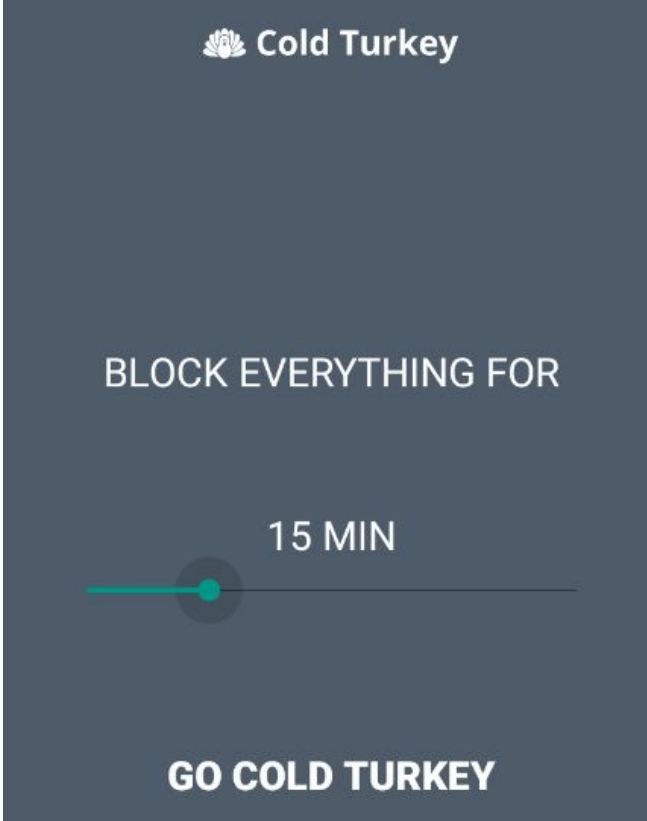



SelfControl

A free Mac application to help you avoid distracting websites.

[Download SelfControl](#)
v2.1.1, for Mac OS X 10.7+

Users of older OS versions can [download SelfControl 1.5.1](#) for Mac OS X 10.5+.

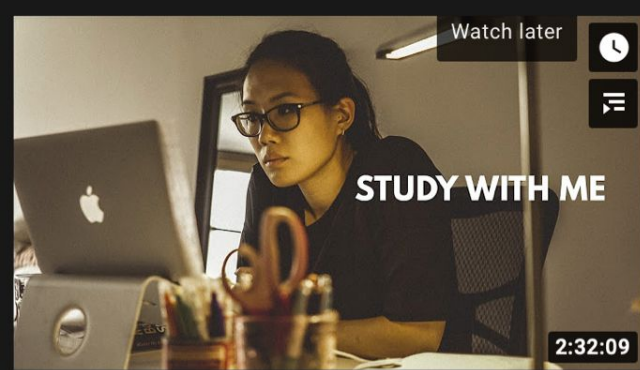


 Cold Turkey

BLOCK EVERYTHING FOR

15 MIN

GO COLD TURKEY



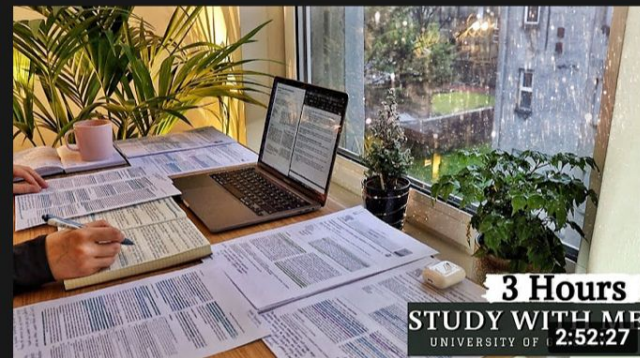
STUDY WITH ME (with music) 2.5 HOURS POMODORO SESSION!

7.5M views • 3 years ago



TheStrive Studies

Here is a study with me video with music. I posted the other one (without music) in my other channel if you guys are looking for ...



3 HOUR STUDY WITH ME | Background noise, Rain Sounds, 10-min break, No Music

3.3M views • 4 months ago



Merve ✓

I hope this study video helps you avoid using social media while you study. You will find a quiet and cosy study room ambience in ...



REAL TIME study with me (with music) #3

3.1M views • 1 year ago



Estudiar Derecho

1 pomodoro de 60 minutos ❤️ Tenemos grupo de estudio en Discord usamos Forest para hacer salas y estudiamos en ...

How to Study



Studying a few minutes every day



Study for 30 hours straight one day before the exam

Managing Loads of Content



A [more recent](#) version of this article was published on [06-04-2014]



The Pen Is Mightier Than the Keyboard

Advantages of Longhand Over Laptop Note Taking

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Author Contributions Both authors developed the study concept and design. Data collection was supervised by both authors. P. A. Mueller analyzed the data under the supervision of D. M. Oppenheimer. P. A. Mueller drafted the manuscript, and D. M. Oppenheimer revised the manuscript. Both authors approved the final version for submission.



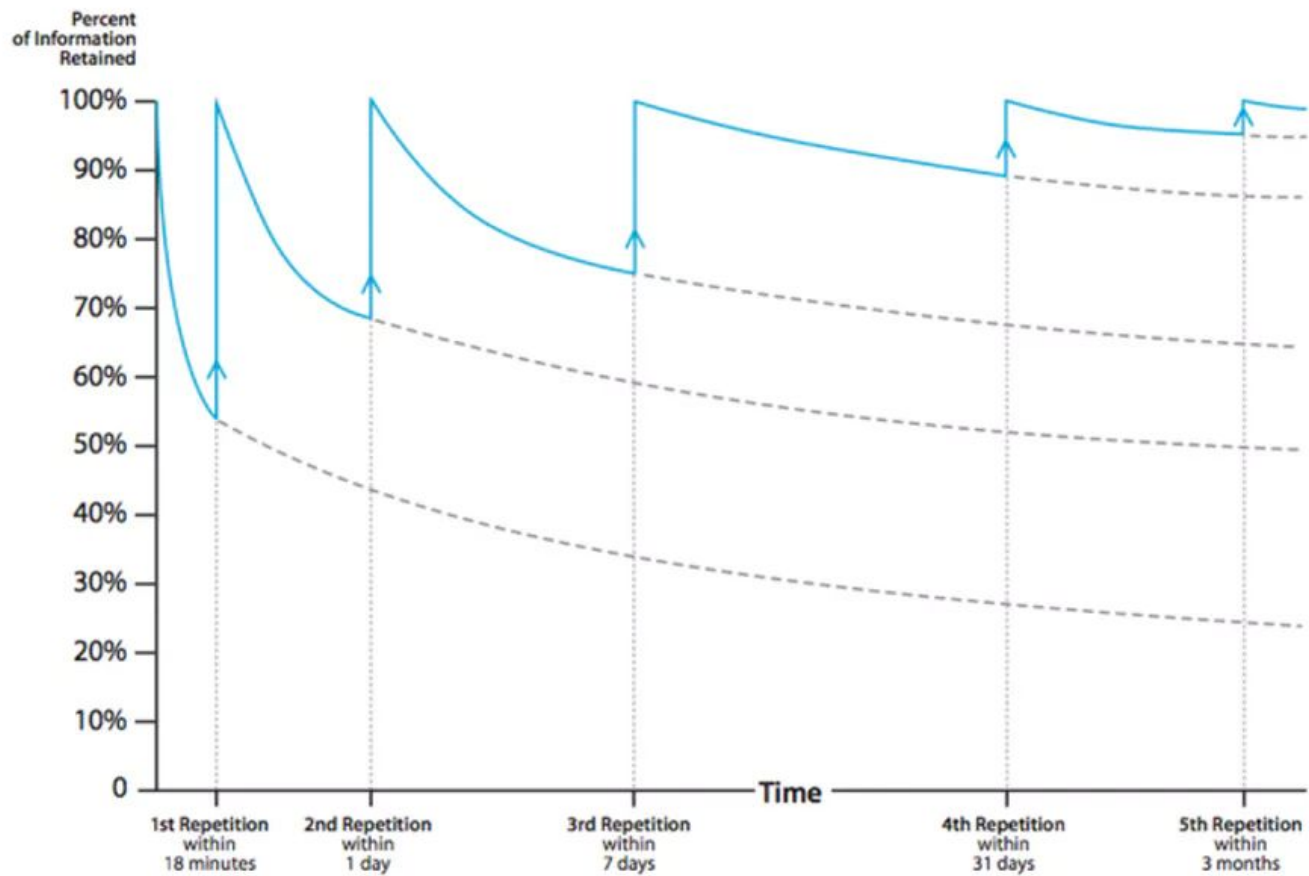
Abstract

Taking notes on laptops rather than in longhand is increasingly common. Many researchers have suggested that laptop note taking is less effective than longhand note taking for learning. Prior studies have primarily focused on students' capacity for multitasking and distraction when using laptops. The present research suggests that even when laptops are used solely to take notes, they may still be impairing learning because their use results in shallower processing. In three studies, we found that students who took notes on laptops performed worse on conceptual questions than students who took notes longhand. We show that whereas taking more notes can be beneficial, laptop note takers' tendency to transcribe lectures verbatim rather than processing information and reframing it in their own words is detrimental to learning.

Handwritten notes are still much better for helping you to remember the content.

You also have 3-hour hand written exams looming!

Rate of Forgetting with Study/Repetition



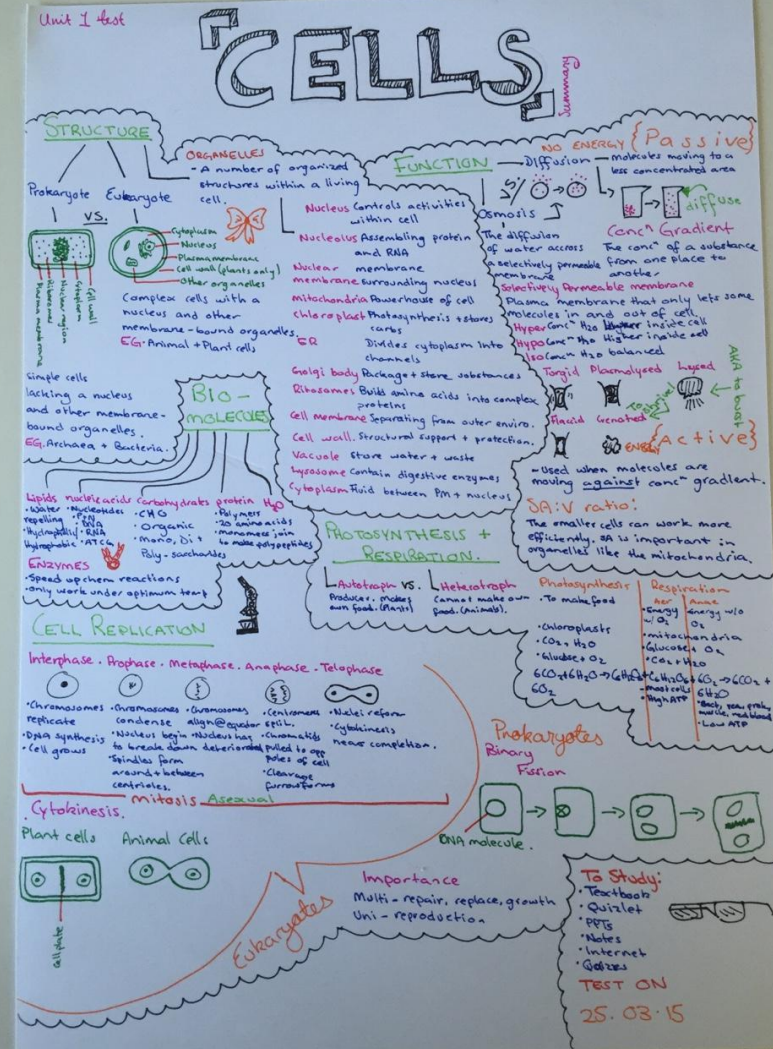


Write and rewrite your summary notes

As you learn content, remove it from your notes.

Aim to have your summaries down to 1 A4 Page (back to back) before your exams

Take NOTE don't just take notes!



Cornell Note Taking

- Take notes in the white section as you read/listen/view
- Identify key words or questions in the green
- Summarise the main idea in the red section

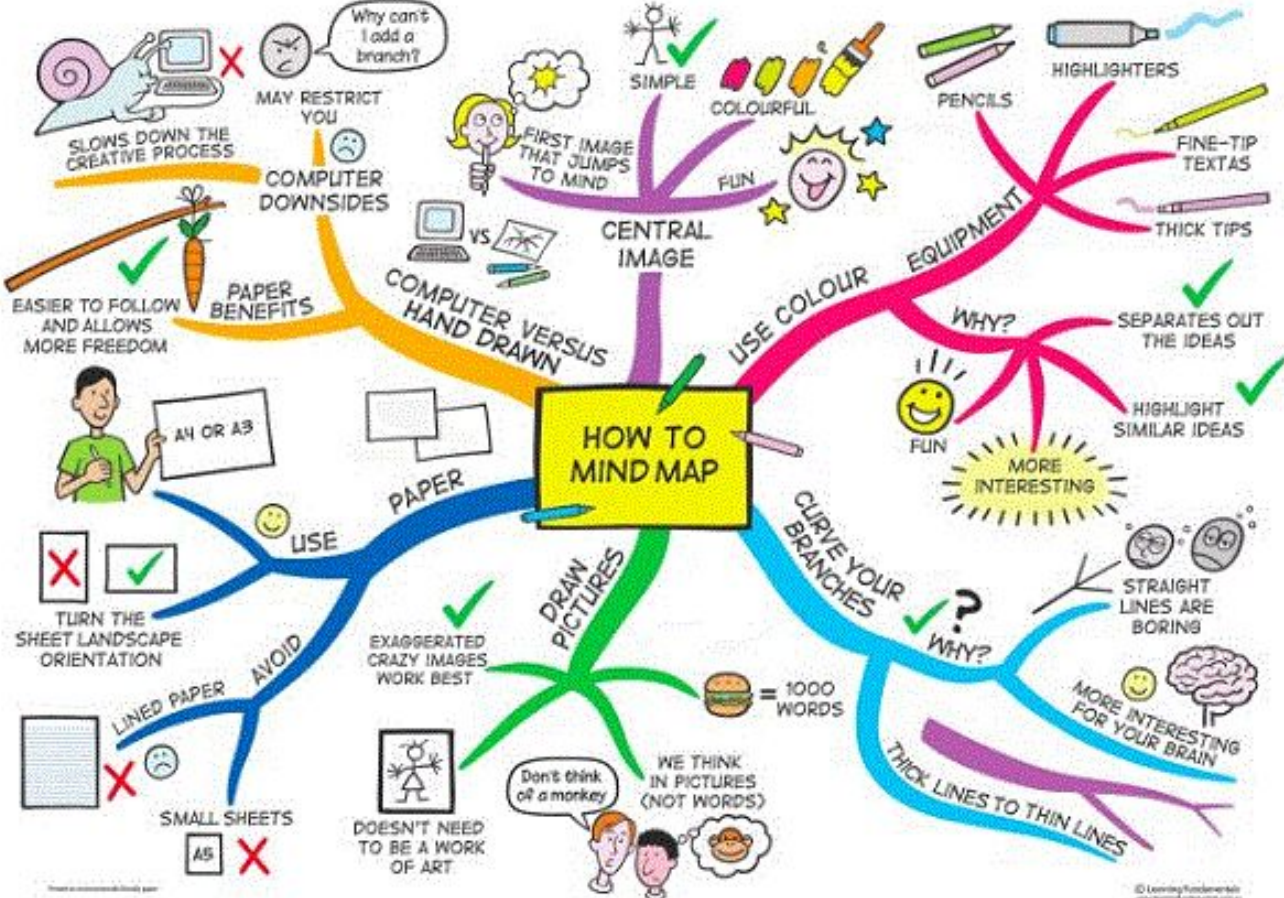
	DATE	MODULE	TOPIC
CUES	NOTES		
SUMMARY			

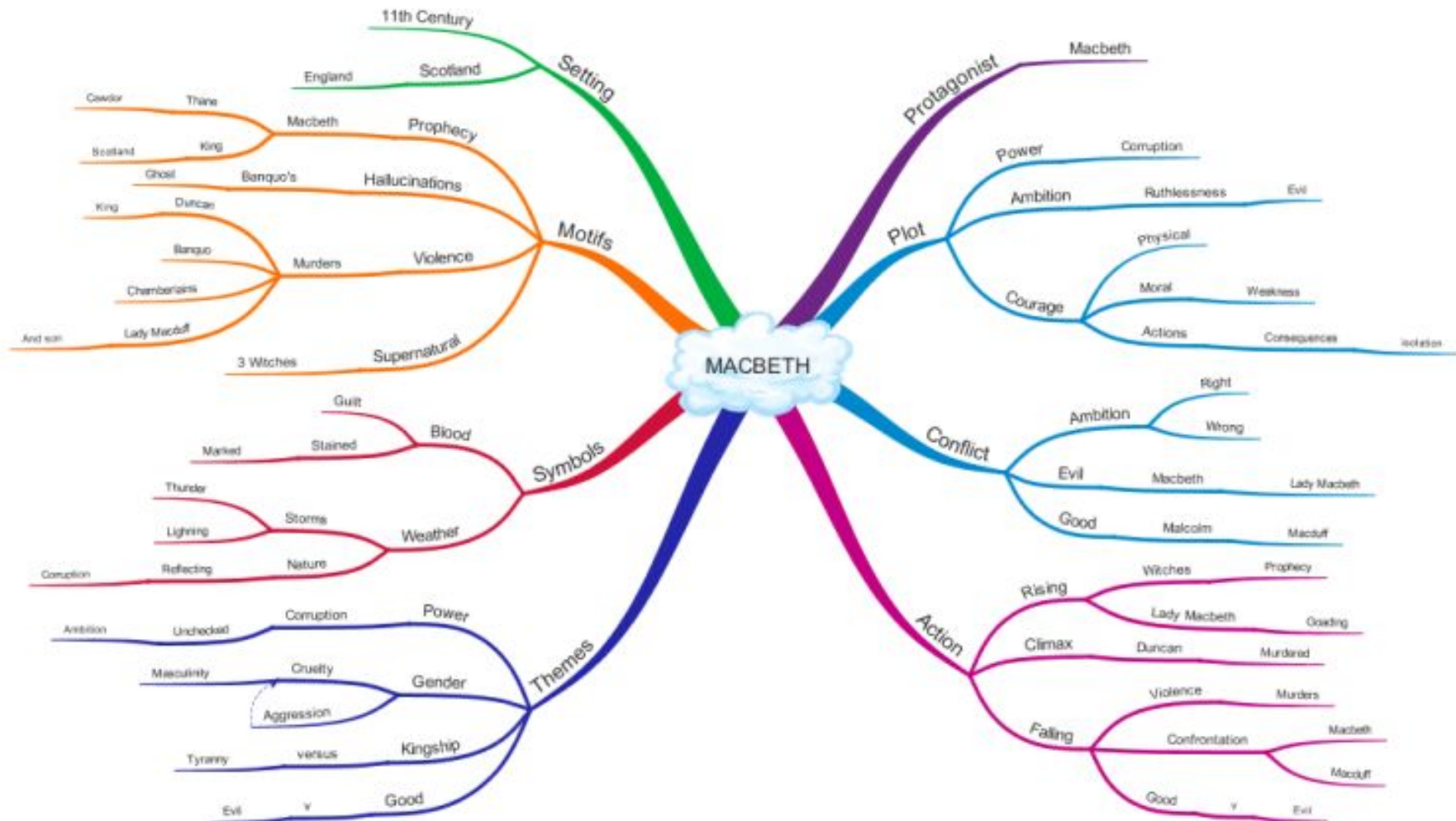
Topic: <u>Graphing Linear Equations</u>	Name: _____ Class: <u>Algebra 4</u> Period: _____ Date: _____
Questions/Main Ideas	Notes
Standard form - Slope intercept form - slope -	$Ax + By = C$ ex. $4x + 3y = 9$ $y = mx + b$ ex. $y = 2x + 1$ rise = change in y value = $y_2 - y_1$ run change x value $x_2 - x_1$
$2x + 4y = 20$ find the slope: subtract $2x$	$2x + 4y = 20$ $-2x$ $-2x$ $4y = -2x + 20$ slope = $-\frac{1}{2}$ 4 4 4 $y = \frac{1}{2} - \frac{1}{2}x + 5$ y-intercept = 5
divide by 4	
How do you graph a slope?	* Graphing 1. Plot y-intercept 2. follow slope 3. connect line.
Find the slope: find slope	$(6, 4), (3, 2)$ $y_2 - y_1 = 2 - 4 = -2 = 2$ $x_2 - x_1 = 3 - 6 = -3 = 3$ $y = \frac{2}{3}x + b$ $y = \frac{2}{3}x + 0$
substitute	$4 = \frac{2}{3}(6) + b$ slope-intercept = 0 $4 = 4 + b$ $b = 0$ y-intercept = 0
Summary: Today in class we learned the standard form ($ax + by = c$) the slope intercept form ($y = mx + b$) and what a slope is (rise over run) we also learned that when graphing, you plot the y first then follow the slope.	

Cornell Notes AVID Decades of College Dreams	Topic/Objective: Identify significant literary devices that define a writer's style and use to interpret work.	Name: _____ Class/Period: <u>Lang. Arts</u> Date: <u>Oct. 12, 2009</u>
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Essential Question: How does Langston Hughes' poem, "Mother to Son", advice the reader to overcome difficulty and keep from giving up in life?	
Questions:	Notes:
1) What is the significance of the speaker in the poem?	1) <u>Speaker</u> - * voice that communicates a poem's ideas, actions, descriptions, & feelings - similar to <u>narrator</u> - can be <u>unknown or specific</u> (like character)
2) How does a poet's choice of speaker affect the mood/meaning of a poem?	2) <u>Imp.</u> - poet's choice of speaker - contributes to the poem's mood/meaning - who speaks is as imp. as what is said - <u>different points of view</u> regarding same event (ie. parent, child, elderly person) * the person telling the story gives point of view and affects the message told ← P.O.V.*
3) How does Hughes use vocabulary to contribute to and convey his message?	3) <u>Writer's/poets style</u> <u>Vocab</u> - helps to understand meaning "Crystal stair" = luxuries (metaphor) ^{compares 2 things} ie. "Life for me ain't been no crystal stair" "reachin'" - replace letter at end of word (dialect) "Cause" = because → Slang <small>var. lang used by group speech patt.</small>
Summary: The speaker/voice in the poem is important because it communicates the ideas/feelings of the poem. Who the poet chooses as the speaker identifies the point of view and affects the message/meaning. Hughes uses vocabulary and style to convey the message that life is hard when Mother says "Life for me ain't been no crystal staircase."	

Mind Mapping





Mnemonics

D

DANGER

Check for danger to yourself, bystanders and patient.



R

RESPONSE

Check for response, talk and touch.



S

SEND FOR HELP

Call an ambulance on **000** or 112 from mobiles.



A

AIRWAY

Clear and open airway
Adult/child – full tilt
Infant – neutral head position



B

BREATHING

Look, listen and feel for breathing. If not breathing normally, start CPR.



C

CPR

Perform 30 compressions followed by 2 breaths.

If unwilling/unable to perform rescue breaths continue chest compression.



D

DEFIBRILLATION

Attach automatic external defibrillator (AED) as soon as possible and follow its prompts.



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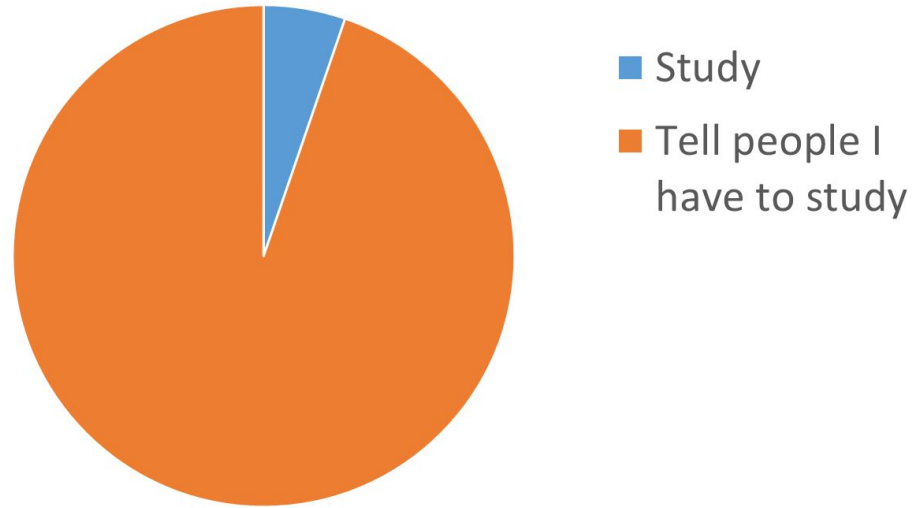
Display this DRSA/ARCD poster in a prominent location – it might just help to save a life.

©2011-2015

RTO 12485

**What
should I be
studying?**

Things I do when I have to study



The Syllabus - The Ultimate Checklist

How does training affect performance?

Teacher Note: Students should be provided with opportunities to explore the concepts dealt with in this module through a variety of practical experiences.

Students learn about:

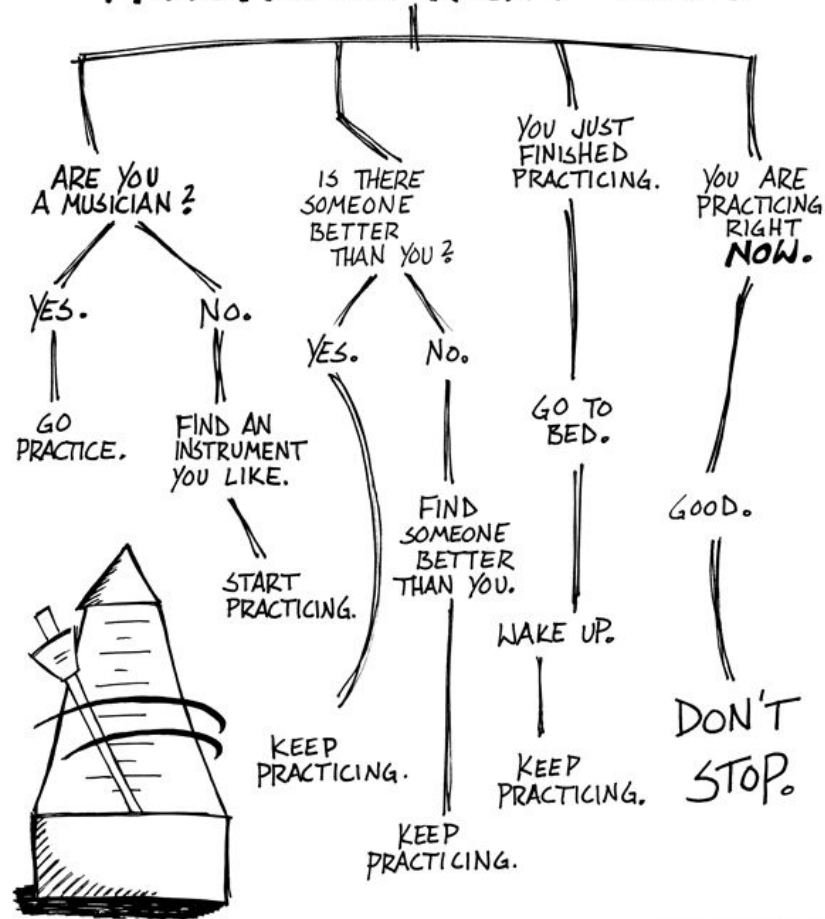
- energy systems
 - alactacid system (ATP/PC)
 - lactic acid system
 - aerobic system

Students learn to:

- analyse each energy system by exploring:
 - source of fuel
 - efficiency of ATP production
 - duration that the system can operate
 - cause of fatigue
 - by-products of energy production
 - process and rate of recovery

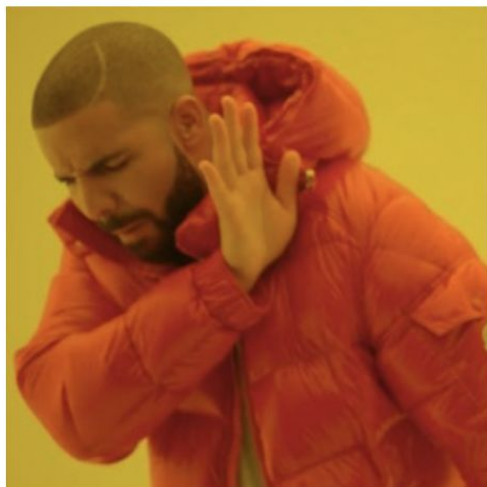


SHOULD YOU BE PRACTICING RIGHT NOW?



Practise, practise and practise some more.....

- Past Papers
- Essay Plans
- Practice Essays/responses



**Winging
it**



**Feeling
confident
because
you're prepared**