

Study Skills

An tSraith Shóisearach do Mhúinteoirí

JuniorCYCLE
for teachers

Title of Unit: Third Year Study Skills

Duration: 2.6 hours approximately, 4 weeks – 40 mins each week

Aim: To enable students to identify factors that will enhance their ability to study effectively.

The aim should be:

- realistic and aspirational statement (two sentences max.) about what the unit is intended to achieve.
- about what students will achieve not what the teacher is going to be doing

The following tables show how this Study Skills Unit may be linked to the central features of teaching and learning in Junior Cycle.

Statement of Learning	Example of related learning in the unit
SOL 5 Has an awareness of personal values and an understanding of the process of moral decision making	Goal Setting: To prepare a study timetable To Identify attitude to study Behaviour and skills for success, routines
SOL 11 Takes action to safeguard and promote her/his wellbeing and that of others	Study Environment: Factors that impact on study Actions to promote positive study and learning environment. Management of time and information
SOL 13. Understands the importance of food and diet in making healthy lifestyle choices	Lifestyle balance Lifestyle choices – exercise, diet and sleep

Statements of Learning:

- A maximum of 3.
- Should clearly relate to the aim of the unit.
- One example of related learning should be used and the focus should be on student learning

Key Skills

Key Skill	Element	Student Learning Activity
Managing Myself	Knowing Myself Making considered decisions Setting and Achieving Personal Goals Being able to reflect on my own learning	What are my strengths and areas for development Setting realistic goals and tracking Identifying learning intentions Developing skills for Learning Enhancing time Management Skills Developing a timetabled study plan
Staying Well	Being positive about learning Being responsible, safe and ethical in using digital technology	The 'dos and don'ts' of study - checklist Developing a growth mindset Application to study – what helps me to learn?
Managing information and thinking	Reflecting on an evaluating my learning Using digital technology to access, manage and share content	Examples of using the SMART study technique in chosen subject area Digital online learning tools and aids Organisational skills

Key Skills:

- A selection of key skills
- Realistic and relevant and how they will be developed in this context
- One learning activity only should be outlined
- Highlight the elements associated with each key skill

Being Creative	Exploring options and alternatives	Designing study diary/plan Self-directed learning Activity: Digital study strategy Exploring different learning and understanding techniques
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The Wellbeing Indicators and Descriptors that this Learning Unit supports:

Indicator	Descriptor
Resilient	<ul style="list-style-type: none"> Through setting SMART goals
Connected	<ul style="list-style-type: none"> Students will explore learning tools to aid study including strategic use of IT
Responsible	<ul style="list-style-type: none"> Students learn to develop time management skills
Aware	<ul style="list-style-type: none"> Students develop awareness of an appropriate lifestyle balance to enhance study

Learning Outcomes

At the end of this learning unit, students will be able to:

- Explore an appropriate lifestyle balance to enhance study
- Set SMART goals
- Develop a study plan using the SMART study technique
- Manage information and thinking
- Develop time management skills and prioritise techniques
- Explore learning tools to aid study including strategic use of IT
- Experiment with different study times, locations, organisation, methods
- Develop a habit of study
- Discover the study conditions/methodologies to allow effective study
- Recognise individual ways of learning and learning habits, strengths and challenges
- Recognise skills, behaviours and attitudes necessary for effective study

Learning Outcomes should:

- Outline important learning in this unit.
- Be broad, can be achieved in a variety of ways and may require a number of classes to achieve.
- Show consideration of action verbs - higher and lower order verbs
- Address knowledge, understanding, values and attitudes
- Facilitate diverse teaching and learning strategies
- Please see an 'Action Verbs' supporting document on www.jct.ie

Sample Learning Activities

Week 1

Reflection: Why study is necessary to succeed in school

Activity: SWOT analysis on concerns and challenges around study/homework

Scientific Study Tips Video: <https://www.youtube.com/watch?v=p60rN9JEagg>

Activity: Brainstorm (or use of padlet) on the factors that impact on and affect study

(<http://careersnews.ie/factors-affect-people-learn-2/>)

Learning activities should:

- provide a sample number of activities of what students will be *doing* as they are learning in this unit

- Your Study Space (conditions necessary for effective study - time, place, lighting, chair)
- Lifestyle choices – how a nutritious diet, exercise and sleep can promote effective study

Activity: What is your attitude to learning? (*questionnaire sheet*) *The results of this will allow students to focus on particular areas they need to improve on when getting started with study.*

How many hours should I study for?

Reflection: KWL (What I know, What I learned, What I would like to learn)

https://www.jct.ie/wholeschool/classroom_strategies

Week 2

Introduce study skill goal setting

SMART Study Technique:

- Specific: focus should be on specific tasks
- Measure: Your progress – using a checklist
- Active: Highlight, note-taking, key words, graphics
- Be Realistic: with goals and time
- Time: time your study. Work back from deadline and incorporate constructive study breaks.

Activity: Write down and give examples of using SMART study technique with a subject and topic of your choice (think, pair and share).

Students present examples. Give peer feedback (2 stars and a wish on SMART criteria).

Week 3

Reflection: What helps me learn?

Visual: colours, diagrams, illustrations, mind mapping (<https://www.mindmeister.com>)

Audio: catchwords, mnemonics, rhyming,

Reading: Read and underline, highlight, lists, number, vertical line, asterisks

Kinaesthetic: Role play, acting (funny voices), note-taking – informal and formal, notice board, post-its, index cards

Activity: Choose a subject and topic using a number of learning strategies

Explore digital tools (digital strategy): *Links*

Study Smarter not Harder or Longer: <http://careersnews.ie/study-smarter-not-harder-or-longer/>

[Note Taking Help](#) Website with lots of very useful information on taking notes

[Study Guides](#) Online Study Guides

[Study Notes](#) Online study aids

www.qualifax.ie (Student Tools section: interest profile, assessment test, points forecast, course subject requirements).

www.careersportal.ie (student tools in self-assessment of strengths and challenges)

https://careersportal.ie/careerplanning/self_assessment.php?parent=11&ed_sub_cat_id=14

Week 4

Activity: Create Personal Study Plan (*Template available at:*

<https://www.studyflix.ie/content/file/uploads/a/a4a36b0f-af4f-4221-b085-096d788066b5.pdf> [Study template](#) Template for Study and Revision - Doc)

Time Management – prioritise and rank, review, track progress, set time limits, mobile phone management, making time for down-time)

Organisational Skills – organise all material needed, prioritise, filing system arranging folders under headings, colour coding, notice board

Activity: Create a class study checklist on reflection on last 4 weeks KWL

Activity: Self-assessment on what's working well/not working:

[Planning your study](#) Assessment of your study planning - Doc

Students will show evidence of their learning when they:

- Students will show evidence of their learning when they...
- Reflect on what they have learned each week through use of different formative assessment strategies (KWL, 3,2,1, 2 stars and a wish)
- Recognise their progress through constructive teacher feedback
- Conduct peer and self-assessment exercise on SMART study technique
- Complete a study timetable
- Present their examples of using the SMART study technique
- Engage in the different learning activities e.g. as they respond to brainstorming activities, answer questions, engage in discussions and undertake research.
- Make a presentation to their classmates on at least 2 of the following: possible causes of homelessness; the human impact; possible solutions.

Success Criteria for a class presentation

Success criteria should be discussed and agreed with students beforehand.

Sample success criteria could include the following:

- The project is based on reliable information drawn from reputable sources
- The presentation includes a critique of the different causes of homelessness
- The presentation should engage the audience and demonstrate creativity

Useful web links:

- www.classroomguidance.ie
- www.ncge.ie
- www.scoilnet.ie
- www.spunout.ie
- www.skool.ie
- <https://www.mindmeister.com>
- www.sess.ie
- www.careersnews.ie
- www.nbss.ie

Evidence of their learning:

- One assessment activity is sufficient for summative assessment purposes as part of a unit, two at the most.
- The 'end of unit' assessment is designed to allow students to show evidence of their important learning in this unit.
- The assessment should relate closely to the aim and learning outcomes of the unit.
- Where the assessment is completed in a group, ideally the group should not include more than three students.

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Junior**CYCLE**
for teachers

- www.juniorcycle.ie
- www.jct.ie
- www.youngsocialinnovators.ie
- www.curriculumonline.ie
- www.pdst.ie

Third Year Study Skills Workshop

	Week 1	Week 2	Week 3	Week 4
Title	Factors that impact on study	Goal setting	Learning strategies	Creating a personalised study plan
Learning intentions	Exploring an appropriate lifestyle balance to enhance study Conduct a self-reflective exercise	Set smart goals Introduce effective study planning using the SMART technique	Identify a range of strategies to enhance learning Experience using a learning strategy	Create a personalised study plan using SMART technique Develop time management and organisational skills
Activities	<p>Reflection: Why study is necessary to succeed in school?</p> <p>Activity: SWOT analysis on concerns and challenges around study/homework</p> <p>Activity: Brainstorm (or use of padlet) on the factors that impact on and affect study</p> <ul style="list-style-type: none"> - Your Study Space (conditions necessary for effective study - time, place, lighting, chair) - Lifestyle choices - how a nutritious diet, exercise and sleep can promote effective study 	<p>Activity: Introduce study skill goal setting</p> <p>SMART Study Technique:</p> <ul style="list-style-type: none"> - Specific: focus should be on specific tasks - Measure: Your progress - using a checklist - Active: Highlight, note-taking, key words, graphics - Be Realistic: with goals and time - Time: time your study. Work back from deadline and incorporate constructive study breaks. <p>Activity:</p>	<p>Reflection: What helps me learn?</p> <p>Visual: colours, diagrams, illustrations, mind mapping Audio: catchwords, mnemonics, rhyming,</p> <p>Reading: Read and underline, highlight, lists, number, vertical line, asterisks</p> <p>Kinaesthetic: Role play, acting (funny voices), note-taking - informal and formal, notice board, post-its, index cards</p> <p>Activity: Choose a subject using a number of learning strategies Explore digital tools (digital strategy): <i>Links</i></p>	<p>Activity: Create Personal Study Plan (template in resources)</p> <p>Time Management - prioritise and rank, review, track progress, set time limits, mobile phone management, making time for down-time)</p> <p>Organisational Skills - organise all material needed, prioritise, filing system arranging folders under headings, colour coding, notice board</p> <p>Activity: Create a class study checklist on reflection on last 4 weeks KWL</p> <p>Activity: Self-assessment on what's working well/not working:</p>

	<p>Activity: What is your attitude to learning? <i>The results of this will allow students to focus on particular areas they need to improve on when getting started with study.</i> How many hours should I study for?</p> <p>Reflection: KWL (What I know, What I learned, What I would like to learn)</p>	<p>Write down and give examples of using SMART study technique with a subject and topic of your choice (think, pair and share). Students present examples. Give peer feedback (2 stars and a wish on SMART criteria).</p>		
<p>Assessment</p>	<ul style="list-style-type: none"> • Student reflection • KWL • Swot analysis 	<ul style="list-style-type: none"> • Two stars and a wish • SMART technique worksheet 	<ul style="list-style-type: none"> • Evidence of application two learning strategies to chosen subject 	<ul style="list-style-type: none"> • Presentation of completed study plan
<p>Resources</p>	<p>Scientific Study Tips Video: https://www.youtube.com/watch?v=p60rN9JEapq</p> <p>Article on Study Factors (http://careersnews.ie/factors-affect-people-learn-2/)</p> <p>KWL Video: https://www.jct.ie/wholeschool/classroom_strategies</p>	<p>SMART technique worksheet</p>	<p>Learning strategies available at https://www.mindmeister.com</p> <p>Study Smarter not Harder or Longer: http://careersnews.ie/study-smarter-not-harder-or-longer/</p> <p>Website with lots of useful information on taking notes: http://www.notetakinghelp.com/</p> <p>Online study notes and aids: www.studynotes.ie http://www.studyguide.org/</p>	<p>Template for Study and Revision - Doc: https://www.studyclix.ie/content/file/uploads/a/a4a36b0f-af4f-4221-b085-096d788066b5.pdf</p> <p>Assessment of your study planning doc: Planning your study</p>

Qualifax Student Tools
section: interest profile,
assessment test, points
forecast, course subject
requirements:

www.qualifax.ie

Student tools in self-
assessment of strengths and
challenges)

https://careersportal.ie/careerplanning/self_assessment.php?parent=11&ed_sub_cat_id=14