



Skills For Scholars

*A **Smart Student's Guide** To Acing Year 8 – And Beyond!*



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Wadsworth
RGS Y8, Oct 2021

A Smart Student's Guide To Acing Y8 – And Beyond!



**Memory: A
Users' Guide**



**Study Strategies
That Work**



**Maximising
Your Focus**



**Master Your
Mindset**



Research



Workshops

1:1
CoachingAce your exams by studying **smarter not harder**

Podcast



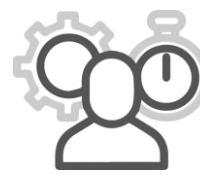
Blog



Book

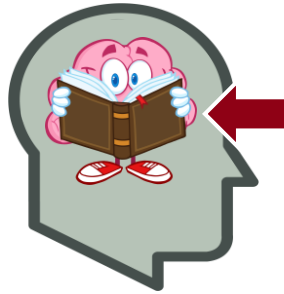
**1,000,000**Students
reached / year

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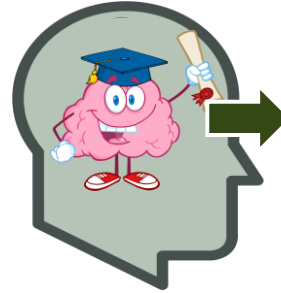
**Memory: A
Users' Guide****Study Strategies
That Work****Maximising
Your Focus****Master Your
Mindset**

Two options when learning

The long way



The smart way



Retrieval practice: testing yourself

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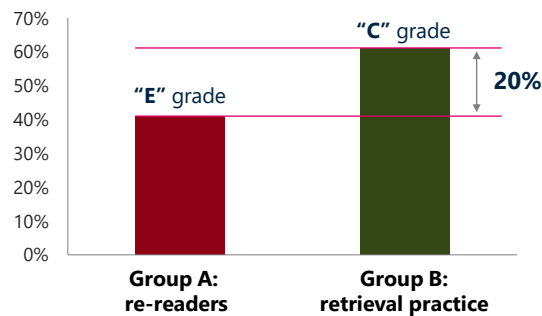


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The power of retrieval practice

Performance on test after revising by re-reading OR retrieval practice



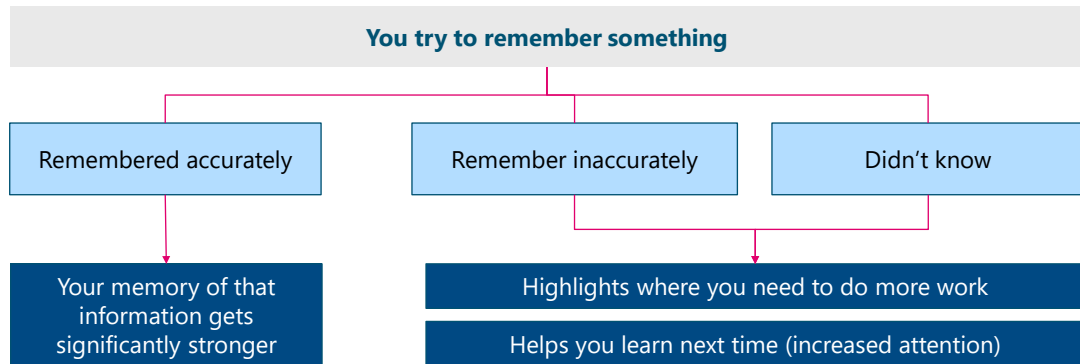
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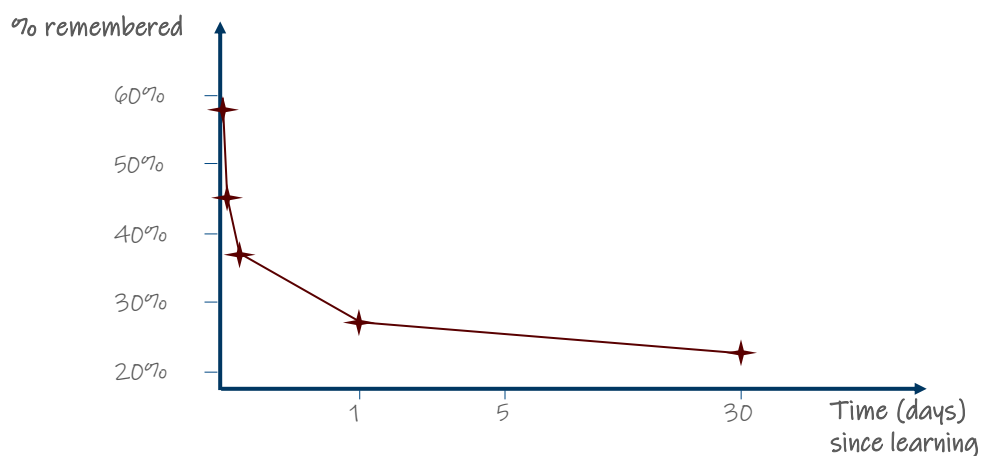
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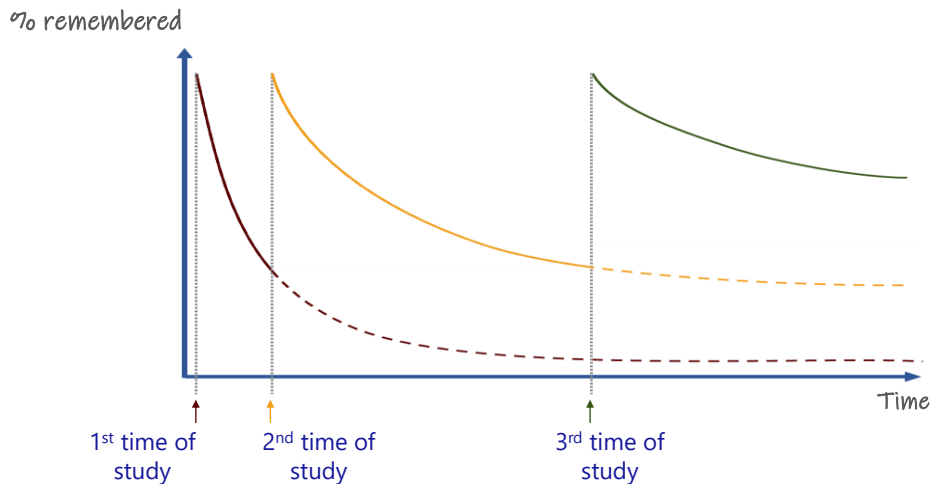
Why retrieval practice works



The instant you stop learning, you start forgetting



The solution is to space out your learning



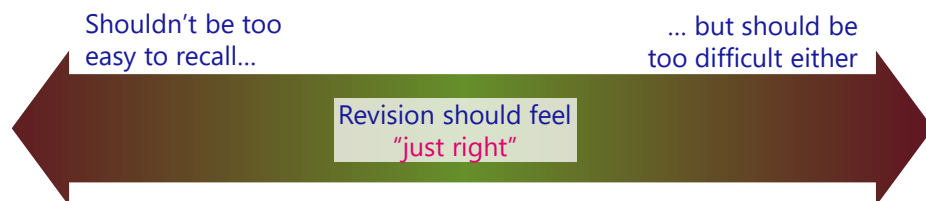
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The Goldilocks Effect: the best retrieval practice should a bit of a stretch, but not impossible



If it's all super-easy to remember, space MORE
– leave it a few days before re-testing yourself

If it's all impossible to remember, space LESS –
re-test yourself repeatedly on the same day

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Study Strategies That Work



Maximising Your Focus



Master Your Mindset

Retrieval practice

Spacing

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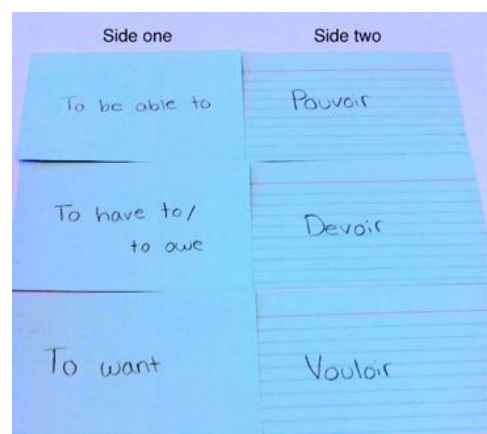


Which revision techniques are most effective?

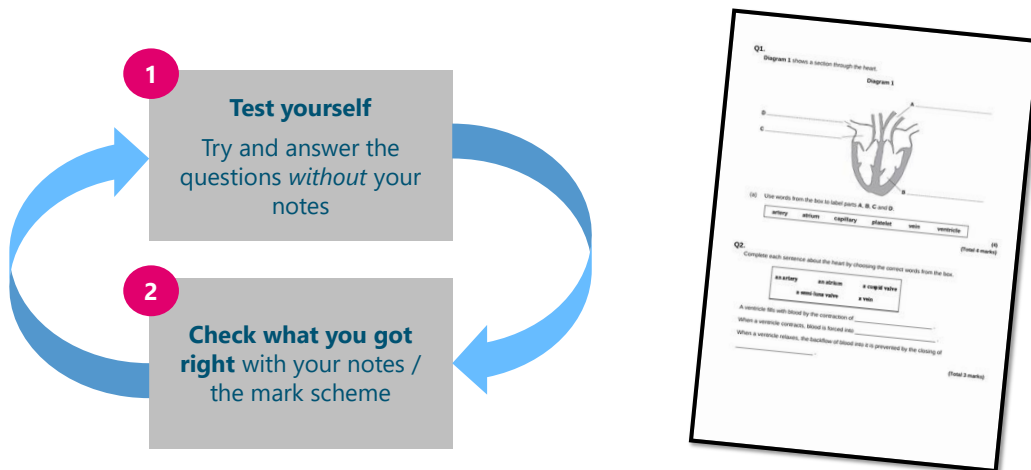


1. Flashcards – the best flashcards are:

- **Two-sided:** clear question on the front, clear answer on the back
- **Simple:** less is more... break info down into lots of cards
- **Made quickly:** don't waste time making them pretty – make them fast, and get into TESTING YOURSELF with them 😊



2. Practice questions from old exam papers, textbooks etc.



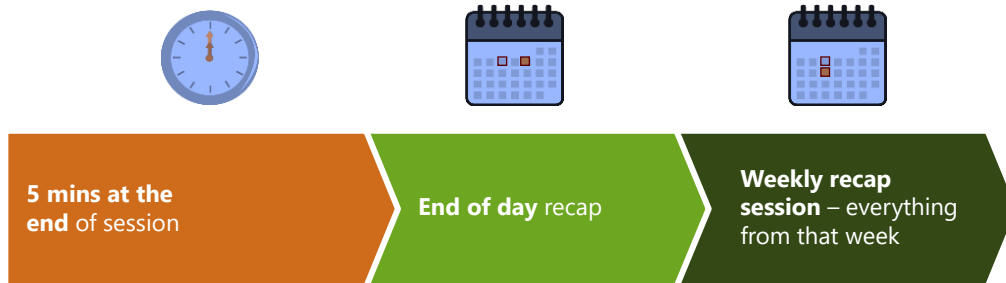
3. Pair testing: learning with a classmate or supportive family member

Question number	1	2	3	2	4	5	6	2
Did they get the answer right?	✓	✗	✓	✓	✓	✓	✓	✓

"Tester" should:

- 1. Give feedback** to help you learn from your mistakes
- 2. Revisit questions you got wrong** more than once

And finally, here's how to put spaced learning into action – an example, not a template!

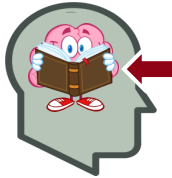


It's not about spending more hours on each topic, it's about spreading that time out

Spaced retrieval practice is the most powerful learning strategy known to cognitive psychologists



Summary: for best results in fastest time...

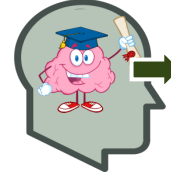


Spend less time learning by pushing information "in"

Re-reading

Making notes

Don't do it all on one go



Spend more time testing yourself, with retrieval practice

Flashcards

Practice questions

Space it out over time



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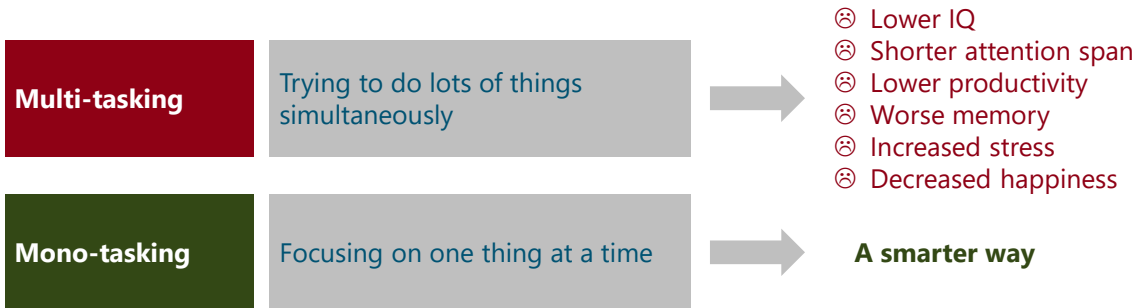
**Master Your
Mindset**

**To do spaced retrieval practice well,
you need full focus. Here's how.**

Psst... want to know the
secret of 100% focus...?

Do one thing at a time

Multi-tasking causes big problems... Is there a better way?



Doing one thing at a time: "monotasking" in practice

Phone off +
out of sight



Optional but permitted: non-distracting music of your choice



Write lists: get distracting thoughts out of your head

TO DO TODAY
Write article on <i>How to Learn Music</i> (max 10 pgs)
Finetune <i>How to Learn Music</i> by reading it out loud
Condense <i>How to Learn Music</i> to 3 pgs
UNPLANNED & URGENT
Order a pizza
Choose a bike to buy
Read article on learning music in Asia
Look for jazz happenings in July in Rome on Internet



Mindfulness

Maintaining your energy levels: a very brief reminder...

Energy: the four primary fuel types you need to keep your engine running



(The right)
FOOD



WATER



EXERCISE



SLEEP



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**Master Your
Mindset**

Stay focused
(monotask)

Sleep, exercise,
water

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Stay focused
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Sleep well

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Which picture was drawn by the more skilled artist?

Robin Ruzan
Before instruction
May 16, 2011



After instruction
May 20, 2011



Ability isn't fixed: brains rewire

Your abilities are not fixed. You CAN change.

Your artistic ability is not fixed:
it can be trained with the right practice



Robin Ruzan
Before instruction
May 16, 2011



After instruction
May 20, 2011

Your ability at school is not fixed:
it can be trained with the right practice



"I got Bs and Cs all my life,
now I get As and A*s" – Jo

"I used to be in Set 4 for Maths
now I'm in Set 2" – Elliot



"I was predicted 3s and 4s but ended
up getting 5s and 6s" – Jeevanti

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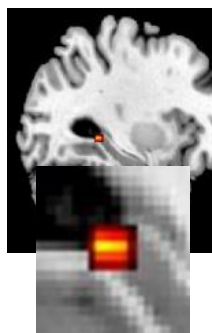
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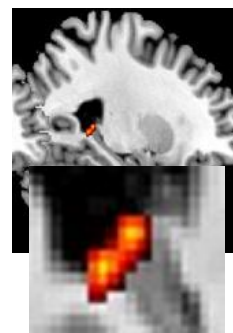
You can literally wire up your brain differently (better) with enough high-quality practice



BEFORE STUDYING



AFTER STUDYING



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Don't say you can't do something... say you can't do it YET

Don't say

Change it to

I'm not good at Maths



I'm not good at Maths **yet**

I got a [low grade]



I got a "Not Yet"



**Don't be scared to go outside
your comfort zone:** it's where the
real growth happens...



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**Master Your
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Growth mindset

Push your
comfort zone

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Today's top tips: 4 DOs and DON'Ts for studying smarter

And getting top grades in the most efficient (and most enjoyable!) way

DO... use retrieval practice

**but DON'T just do it all on
one day** (space it out instead)

**DO... use flashcards, practice
questions and pair testing**

**and DON'T re-read, highlight
or make notes** (too much)

**DO... focus on one thing
at a time** ("monotasking")

**and DON'T forget to sleep,
exercise and stay hydrated ;-)**

DO... play the "yet" game

**and DON'T be scared to push the
comfort zone** – be a champion scholar!

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Go further: listen to the Exam Study Expert podcast (it's free!)



"Really helped me!"

Helena, US



"Awesome"

Charlie Boy, UK



"Clear & motivational!"

Rwarman, UK



"Tips which REALLY worked!"

FJTapner, UK



"Utterly impressed"

Ruby7, Australia



"Can I just say, you are a god"

Rose, Australia

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Wishing you every success