



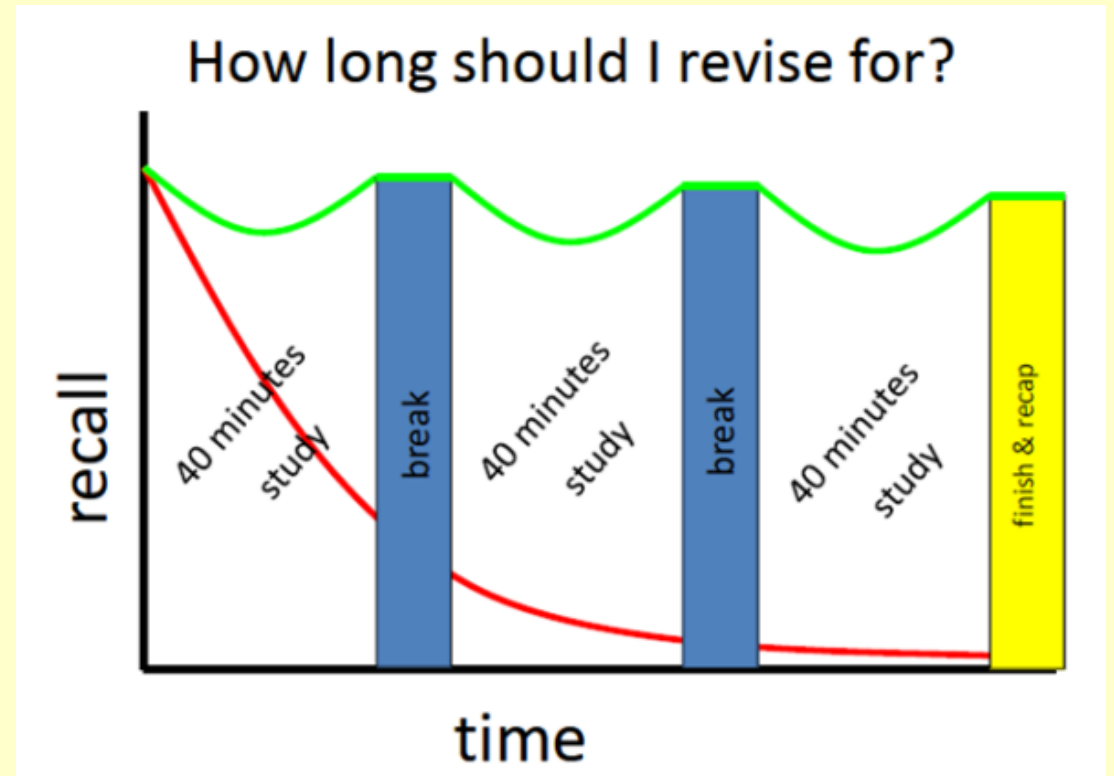
SUPER 7 Study



A guide to super effective study at home

Little and often....

- ✓ Take regular breaks
- ✓ Have a snack and drink of water to hand
- ✓ Move in between
- ✓ Music can be helpful
- ✓ Put the phone away and IF it's a revision tool monitor this!



Let's have a go at making one!

Revision Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30pm					
4:00pm					
4:30pm					
5:00pm					
5:30pm					
6:00pm					
6:30pm					
7:00pm					
7:30pm					
8:00pm					
8:30pm					
9:00pm					

Put in **study support**, **time to eat**, **social time**, **chill time** and **hobbies/activities/clubs**

Every day find, on average, **FOUR half hour slots a day to study** (two hours in total)

Across the week, **write the subjects in** - include 4 x English, Maths and Science and your other subjects

For a perfect plan write the **topic/question/skill** you will study

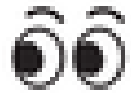
The Super 7 study methods

- 1) Look, Say, Cover, Write, Check
- 2) Video tutorials (online to on paper!)
- 3) Flashcards and post-its
- 4) Quizzing
- 5) Mindmaps
- 6) Knowledge organiser
- 7) Past paper questions



1) Look, Say, Cover, Write, Check

Look



Say



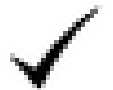
Cover



Write



Check



**“Double, double toil and trouble:
Fire burn, and cauldron bubble.”**

Method 2 – Video Tutorials (from 'online' to 'on paper')



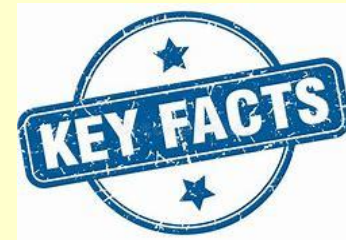
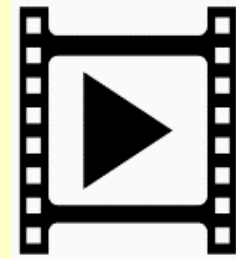
Sparx Science



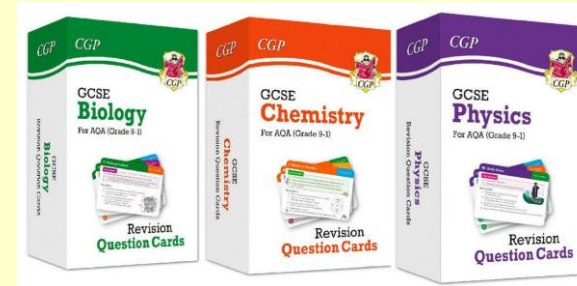
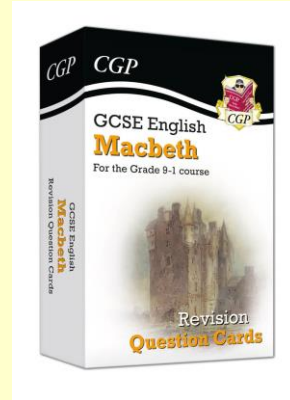
Sparx Maths

2) Video tutorials (from 'online' to 'on paper')

- 1) Get your workbook and **equipment** ready
- 2) **Write** the date and topic (and video number)
- 3) **Watch** the video, stop when needed
- 4) **Take notes** of key facts and formulae
- 5) **Copy** key examples down
- 6) Attempt the **questions**, showing clear workings out where necessary
- 7) **Mark** your work



Method 3 - Flashcards



- ✓ Ready-made ones can be purchased online for all subjects at every age level
- ✓ Check Parent Pay for GCSE sets including Mathematics, or purchase online

Flashcard approaches

Different types of flash card

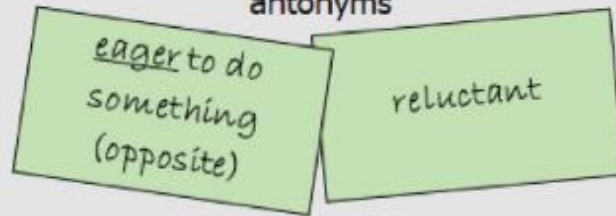
gapped sentences



synonyms



antonyms



definitions



translations



pictures

English flashcard example

GUILT / DRUNKENNESS ACT 1
AN INSPECTOR CALLS - **ERIC BIRLING** (2)

adverb verb laugh aloud
"Eric suddenly guffaws. His parents look at him"
unexpected action ← parents response

When? → response to Sheila warning Gerald to "be careful" about spending all his time away at work and Gerald responds with "Oh - I will, I will"

ANALYSIS why? → awkwardly laughing in response to the expression of love (guilt of Eric) anxious + tense what is he hiding?

o Perhaps Eric knew about Gerald's affair → hides it & he feels he has become part of his family's hypocrisy; favouring male power over female power and hides the truth from Sheila **PATRIARCHY / TRAPPED**

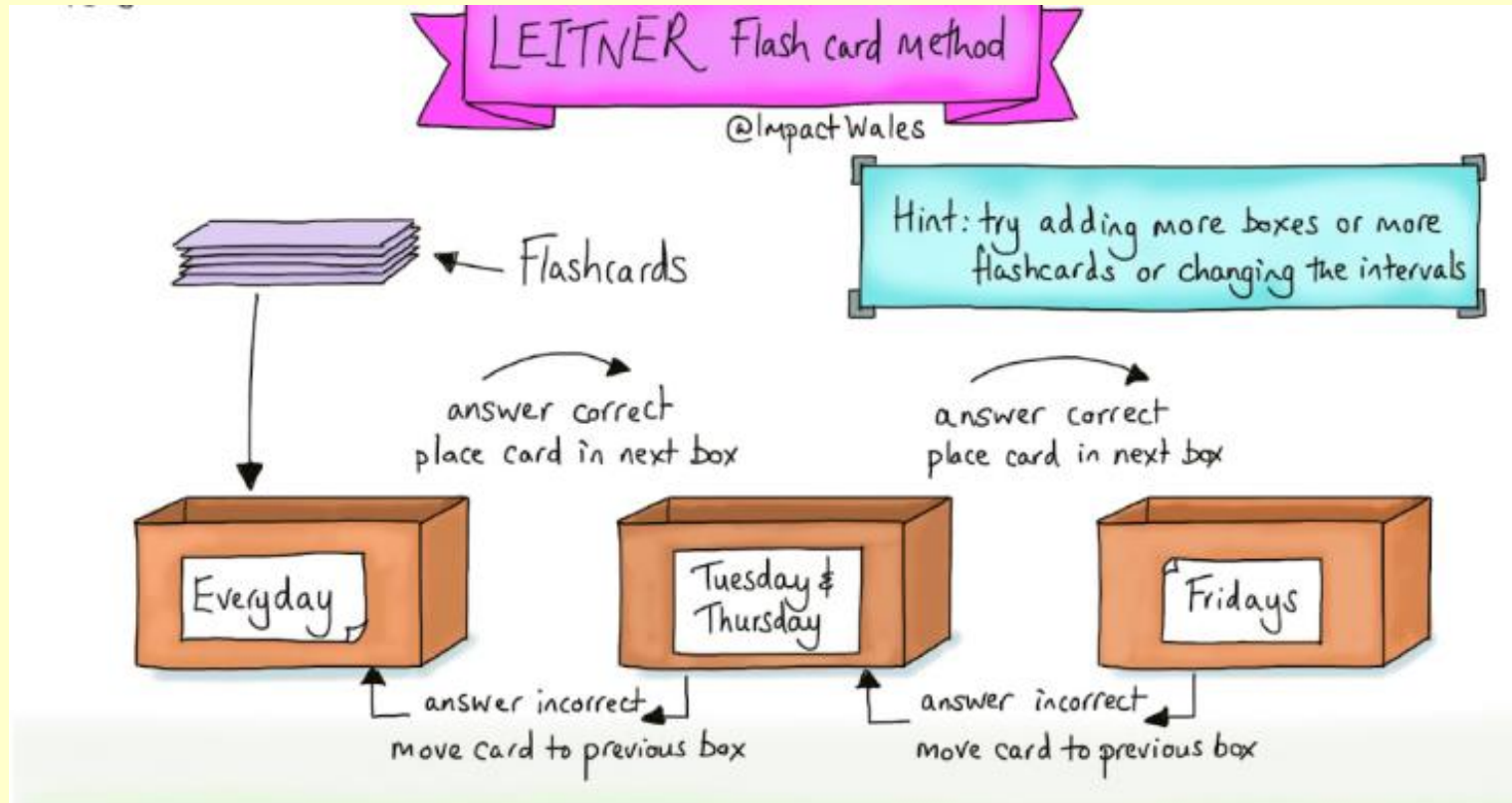
o He is just drunk. but what anxiety + tension are he trying to hide.

Steps to making a flashcard

- 1) Write the topic at the top (number them if there are multiple ones)
- 2) Summarise key facts and formulae
- 3) Include an example
- 4) Add questions and answers on the reverse for others to quiz you!



Flashcards for quizzing



Method 4 - Quizzing

There are so many amazing websites that have in built quizzes!

Watch the video and make notes first :)

[GCSE biology questions - digestion GCSE](#)

[biology revision - BBC Bitesize](#)

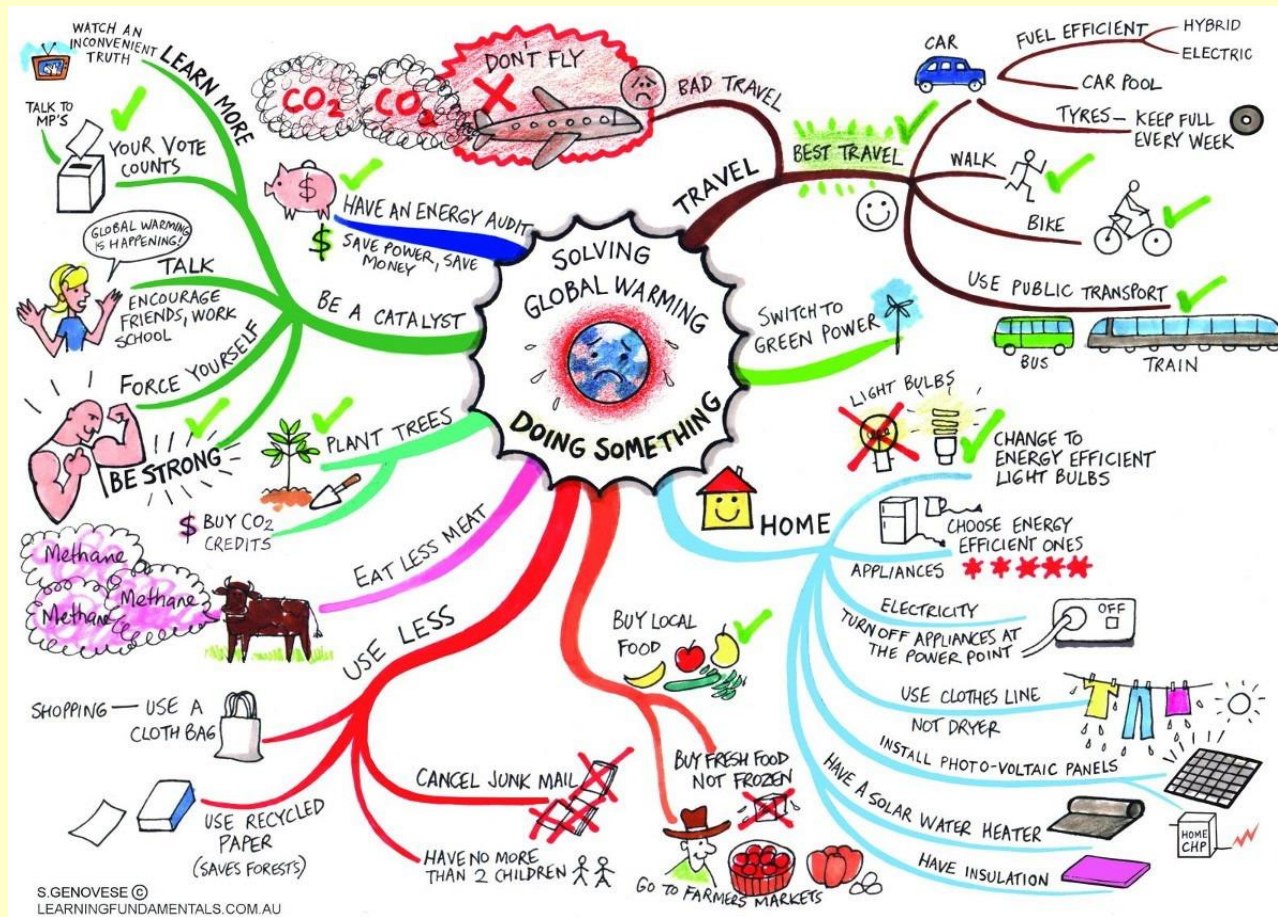
Sparx Science



Sparx Maths



Method 5 - Mind maps



- ✓ The key themes are the main branches
- ✓ Break them down into mini topics
- ✓ Use picture and colour
- ✓ Include words/phrases for prompts

Method 6 - Knowledge Organiser

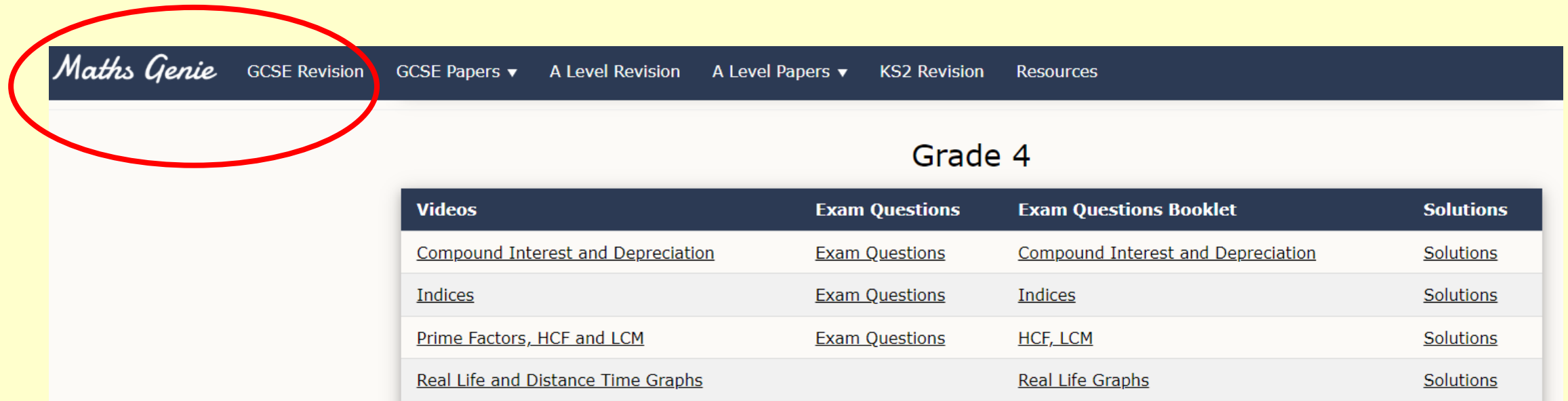
- ✓ A topic on one page to bring knowledge together
- ✓ Broken down into sub-topics
- ✓ Include key words
- ✓ Can be written by the student OR used by the student

The knowledge organiser is divided into several sections:

- Blood Vessels:** A box with three bullet points for notes.
- Vasodilation and Vasoconstriction:** Includes two diagrams of blood vessels. The first is labeled 'Vasodilation' and shows a wider vessel. The second is labeled 'Vasoconstriction' and shows a narrower vessel. Below them is a box for notes.
- Heart Diagram:** A central diagram of the human heart showing the four chambers and major blood vessels.
- Heart Rate Graph:** A line graph showing heart rate (BPM) on the y-axis (0 to 160) and time (mins) on the x-axis (0 to 30). The graph is divided into three phases: Rest (0-10 mins), Exercise (10-22 mins), and Recovery (22-30 mins). Red arrows point to the start and end of the exercise phase.
- GCSE PE Anatomy and Physiology Part 3:** A red box with the title in white text.
- Pathway of Blood:** A box with five bullet points for notes.
- Cardiac Output, Stroke Volume and Heart Rate:** A box with three lines for notes: Resting Heart Rate, Stroke Volume, and Cardiac Output. Below this is a section titled 'What happens with exercise?' with three lines for notes: Resting Heart Rate, Stroke Volume, and Cardiac Output.
- What are Valves?:** A box with a title and space for notes.
- Systole and Diastole:** A box with a title and two lines for notes: Systole and Diastole.

Method 7 - Past papers

- ✓ It is best to revise a topic THEN attempt an exam question!
- ✓ Make sure you find out the correct exam board first
- ✓ Use the mark schemes to mark your answer
- ✓ Lots of websites have worked examples including help videos



The screenshot shows the Maths Genie website. The navigation bar is dark blue with the logo 'Maths Genie' circled in red. The navigation menu includes: GCSE Revision, GCSE Papers (with a dropdown arrow), A Level Revision, A Level Papers (with a dropdown arrow), KS2 Revision, and Resources.

Below the navigation bar, the page is titled 'Grade 4'. A table provides a structured overview of available resources:

Videos	Exam Questions	Exam Questions Booklet	Solutions
Compound Interest and Depreciation	Exam Questions	Compound Interest and Depreciation	Solutions
Indices	Exam Questions	Indices	Solutions
Prime Factors, HCF and LCM	Exam Questions	HCF, LCM	Solutions
Real Life and Distance Time Graphs		Real Life Graphs	Solutions