

Study Skills Intervention

January 2014 Connect to Respect

The BIS Mindset:

Effort is a good thing

- ❖ 86 % of BIS students surveyed indicated that they have a growth mindset and agree that practice, hard work and feedback are important to them.
- ❖ When asked to identify skills that they would like to get better at, 57% identified organizational/study skills.
- ❖ 52% of BIS students reported that they would be interested in coaching a fellow student. Several Gateway students will pilot this intervention.

Research in 2010 by the Carnegie Melon Foundation
and Stanford University found the following:

- ❖ Fortune 500 CEO's were surveyed about the factors that contribute to long term career success. Results revealed that **75%** of the most important skills were "soft skills" such as being organized, managing time well, having a positive attitude and getting along well with others. Only 25% of career success depends upon technical knowledge.

❖ **In April, 2009, Ohio State University published a study confirming the dramatic impact study skills can have on college graduation rates. According to the study:**

- **45%** was the increased likelihood that "struggling" high school students would graduate from college if they took a study skills class.
- **600%** was the increased likelihood that "average" high school students would graduate from college if they took a study skills class!

Organization is natural for some of us



and not so natural for others



Natural



Not so natural....



Tips and Tricks for Success at BIS

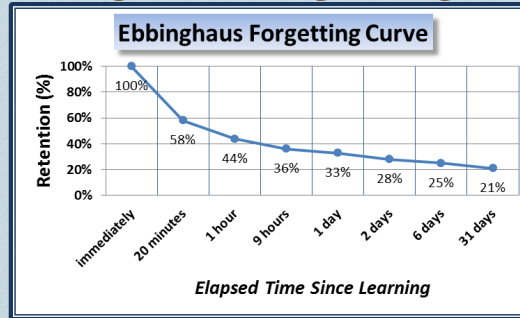
- ❖ During the month of January, we will focus on getting organized, learning how to study and ensuring that we remember what we have been taught.
- ❖ Resources, tips and tricks will be available on the BIS website.
- ❖ All students and faculty are encouraged to share tips and tricks that they have found helpful.

Studying for a test:

The diagram below helps to show how we can retain information better when we study in 3, 20 minute sessions versus 1 hour. Notice that a lot of information studied in the middle is lost because we have a harder time concentrating for extended periods of time.



Ebbinghaus Forgetting Curve



- ❖ The “**Ebbinghaus Forgetting Curve**” shows how quickly learning is forgotten. We begin to forget close to 50% of information we are taught within 20 minutes of learning it! Within one hour, a person forgets over half of what was originally learned and after 24 hours, almost two-thirds of the previously learned material is forgotten. How this translates: For most students, 70% of information will be remembered right after it is taught, but only 20% will be remembered 1 day later. Research has taught us that the best way to store the information into long term memory is to review the information within 10 minutes, 24 hours and 1 week of learning it.

Studying and Memorizing Tips

- ❖ Walk around while trying to study notes as it will help channel your focus
- ❖ When you study by speaking out loud you are using your eyes (reading), mouth (speaking) and ears (hearing). Using all of these senses at once increases the brain's ability to recall information.
- ❖ Mneumonics are a creative way to recall information. especially lists of information

Mnemonics

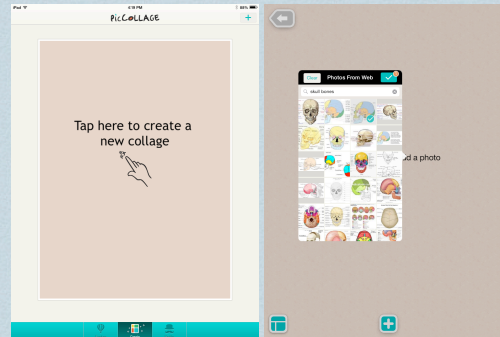
- Make it rhyme
- Make up a song or phrase
- Make it visual
- Make it funny or personal

Do you know how to remember the colors of the rainbow?

ROYG BIV R (red) O (orange) Y (yellow) G (green) B
(blue) I (indigo) V (violet)

Pic Collage App

Remembering the bones of the skull: Old people from Texas eat Spiders (Occipital, Parietal, Frontal, Temporal, Ethmoid Sphenoid)



Remembering the metric system prefixes from highest to lowest

- ❖ Kilo, Hecto, Deca, Base, Deci, Centi, Milli
- ❖ Kangaroos Hop Down Black Driveways Carrying M&Ms



- ❖ How many days are in January, June, etc? Remember the rhyme: “30 days has September, April, June and November, all the rest have 31 except for February” OR look at the knuckles on your hand and the spaces in between to remember high numbers and low numbers




If you have to memorize a string of numbers, such as the speed of light, try matching the numbers to letters

- ❖ The speed of light is 299,792,458 meters/ sec
- ❖ We (2 letters) guarantee (9 letters) certainly (9 letters) clearly (7 letters) referring (9 letters) to (2 letters) this (4 letters) light (5 letters) mnemonic (8 letters)

Try googling something you need to remember to see if
a mnemonic already exists


iPad 4:58 PM 86%
kipbrockman.com

Cannot Op... IEP Forms... CVS Phar... Lit's Ques... Thank You... Foodst_C... Barnstable... Novel Wa... Funny Way... NEW Y... ***

 **NEW YORK (11th State)**

THE SUBSTITUTE WORDS ARE

NEW YORK = **NEW-YOKE**
ALBANY = **ALL-BONY**



The farmer puts a **NEW YOKE**
on his **ALL-BONY** oxen.