

# Tudor Grange Samworth Academy

A Church of England School



28 November 2019

Dear Parents/Carers,

As you will probably be aware all students at TGSA sit formal assessments 3 times per year. Your child is about to sit the first of these next week. Students take assessments in all curriculum areas and will therefore need to prepare thoroughly for each of their subjects.

The assessments taken at TGSA are also taken by all of the students in every Tudor Grange academy. This means that like in the real GCSEs, students at TGSA are competing with students from outside of their own school – in this case over 4000 students from across TGAT!

It is really important to us that your child feels successful and we have therefore included some advice and links to scientifically proven ways that your child can prepare more effectively for their exams.

Once all of the students have completed their exams the information will be used for two purposes:

- For teachers to identify strengths and weaknesses which they can address in lessons to support your child to make more rapid progress than they are already making.
- For us to monitor whether each student is on track in each of their subject areas – this will be reported to parents during half-term 3.

For these reasons it is really important that your child enters into these assessments with a positive mindset and gives the best account of themselves possible. It is also essential that they attend school for these assessments so that teachers are fully informed about the gaps your child needs support with in future lessons.

Thank you for your ongoing support in helping your child to secure the best outcomes possible.

Yours sincerely

Mr Wraith  
Associate College Leader: Director of Mathematics and Data

*Open me to discover...*

**THE 9 BEST SCIENTIFIC  
STUDY TIPS**



# THE 9 BEST SCIENTIFIC STUDY TIPS

*Study smarter instead of longer*

Which study tips and tricks actually work scientifically and can help you get those top grades?

## 1

### Small, short chunks



Research shows that study sessions are most effective in small, short chunks. Instead of cramming in a 10 hour study session, it's much more effective to spread it out into twenty 30 minute sessions over a few weeks. This is because your brain is better at encoding information into the synapses in short repeated sessions as opposed to one large one.

## 2

### Set a time of day to study



Cramming and pulling all-nighters is actually linked to the lowest grades. After prolonged nocturnal study sessions, reasoning and memory may be negatively affected for up to 4 whole days. Instead, setting up specific times in the day to study primes your brain by creating a routine, and over time studying actually becomes easier as your brain is trained to learn in those moments.

## 3

### Flashcards



While many of us spend hours passively re-reading our notes or highlighting a textbook, studies have shown this to be ineffective. It doesn't improve your understanding of topics, nor does it link key concepts together. Flashcards on the other hand are proven to be excellent memory reinforcement tools!

## 4

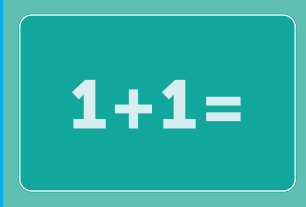
### Set a goal



It also helps to have a specific goal for each study session. Instead of aimlessly studying, pick one aspect that you'll focus on, whether it's balancing chemical equations or learning how to conjugate French verbs.

# 5

## Teach



In studies where individuals were asked to learn a passage and then half were told they'd be tested on the material while the other half were told they'd have to teach it to other students, participants expecting to teach it did much better at understanding the main points. When you're expecting to teach, your brain organises the information in a more logical, coherent structure.

# 6

## Practice! Practice! Practice!



Practice tests have been shown to increase confidence, thereby leading to better performance. Even if you make mistakes, they help identify gaps in your knowledge.

# 7

## Study space

Where should you be studying?

Research shows that having a quiet, well equipped designated spot for study is best. Just like setting times, this primes your brain for studying.



# 8

## Turn off the music



While some studies have shown that certain types of classical music can help improve concentration, a recent study has shown that learning with rhythmic background noise can be detrimental to focus, and those not using music fared much better.

# 9

## Put your phone down



If you haven't already, put away your phone. This is a no-brainer but your texts and social media notifications severely decrease concentration.

*Keep reading...*

...to discover some handy

# REVISION LINKS



# ESSENTIAL REVISION LINKS

Some websites where you can access good revision materials:

**TGSA Homework:**

<https://thesamworth.satchelone.com/school/home>

**Maths:**

<https://vle.mathswatch.co.uk/vle/>

**English:**

<https://www.senecalearning.com/>

**All subjects:**

<https://www.bbc.co.uk/bitesize>

To watch a video explaining the 9 scientific study tips further:

<https://www.youtube.com/watch?v=p6OrN9JEapg>



For details of the content covered in each of the subjects here at TGSA:

<https://www.samworth.tgacademy.org.uk/secondary/subjects/>