

## Let's Make Studying Easy and Fun

Welcome you eager learner, we are going to make the world of learning fun.

Hands up if you find studying **boring**!

Hands up if you find it **pointless**!

Hands up if you find it **hard**!

I bet you put your hand up didn't you? Probably to all three as well.

You are now an experienced student at school and you know what things you like and some things you don't care for.

We are now going to work together to make:-

The **boring** stuff **fun**

The **hard** stuff **easy**

Change the "**I can't do it**" to "**I can do it**"

### Why are exams important?

An examination is a great way of judging how good you are at learning things. We know they are sometimes a little stressful but we have to remember that they are only the end of the process.

Good results will help you for your future. Once you have a grade in a subject, you have that grade forever so it makes sense to get as many good grades as possible.

However, why not think about why **study** is important and not just the final exam? School is free and you can learn so much from being there which isn't always about things like maths, English and science etc.

### Creating Habits

Do you have any bad habits?

**"Of course I do, we all have bad habits!"**

Ok, let us think about **exams** and **study** being important and how we can create our **habits** to help us learn so much from school. If you create a good habit then you will find it easy to carry that quality forward into your future. But creating a habit requires some work and changing a bad habit is even harder.

In the box below, write down some bad habits that you may have.

My bad habits

In order to change or create a new habit, it requires you to follow three stages:-

### Stage 1 – The Unbearable Phase

Let us imagine that you want to stop biting your nails. In the unbearable stage it is really hard not to put your finger in your mouth and start chomping away. You have to keep stopping yourself and sometimes you will be even unaware that you are doing it. Keep digging deep and stay with your goal of changing your habit but it soooooo hard and extremely tempting to quit and bite, bite, bite. If you get past this stage then you will reach:-

### Stage 2 – The Uncomfortable Phase

You are now starting to break the habit and are getting quite aware that you are putting your finger in your mouth but each time you do, you stop yourself. It is still hard not to but you have to keep on going. You are definitely making progress but not out of the wood yet. One bite will put you back to the start but if you can keep your willpower you will eventually reach:-

### Stage 3 – The Unstoppable Phase

You have now broken the habit and are unstoppable. It is no longer a temptation to bit your nails and you fingers are looking great, they are not painful anymore and you no longer annoy others with the chomp, chomp, chomping. Once you get here, you never want to go back so enjoy being the new you.

Creating good habits will help you improve yourself for the future so that is why good study habits will help us achieve what we want.

Let us imagine that you worked really, really, really hard towards your exams. You tried and tried and tried, studied and studies and studied, you were organised, disciplined and focussed plus asked your teachers lots and lots of questions. How many good habits is this creating for us now?

- **Hardworking**
- **Always try your hardest**
- **Good at studying**
- **Organised**
- **Disciplined**
- **Focussed**
- **Good at asking questions**

Do you think they are good habits to have? Of course they are! So let us start creating some today. In the box below, write a shortlist of new habits you would like to create and start working on them today.

*My new habits*

## How good is your memory?

**"Erm, it's ok sometimes but I forget lots of things!"**

Most people say that their memory is ok, not very good or even rubbish but it is actually much better than you think.

Think of the following things and how much you remember of them:-

- The words to your favourite song
- The plot of your favourite film
- Your favourite story
- An amazing holiday you went on
- All of your favourite things in your bedroom
- What colour the things are in your house
- How to get from home to school
- A funny joke a friend told you

Can you remember all of those things? Of course you can.

The reason is because you have created a **memory** of them. For a bit of fun, pick one of the subjects above and write as much as you can remember about it in the box below. You have one minute.

*My memories*

Well done, I bet you could fill the box up easily. That is because you are quite fond of those things. For instance, you **love** your favourite song and you have probably heard it **repeated** lots of times.

Notice the two words in bold - **love** and **repeated**? It is easy to remember things you love and when things are repeated, they are easier to remember.

Now there is one thing that we all love and that is a good story. Indeed, if someone is going to tell you a story then you will always remember the points.

**I have a story for you, would you like to hear it? It is great fun and a little bit strange.**

**"Yes please, I would love to hear your story!"**

Here we go then;

I was bouncing a big orange ball that was soooo hot, it was hotter than the **Sun**.

Next to the ball was a thermometer and it got so hot that the **Mercury** liquid inside shot out of the top.

It went all over a lady with a v-necked jumper on and a love heart on her tummy, her name is **Venus** – The Goddess of Love.

She picked up a spade and dug a whole into the **Earth**.

She hit an angry red man on the head who was holding a **Mars** Bar.

He threw the Mars Bar in a big man's face and it made a chocolate shaped J for **Jupiter**.

Jupiter took off his shirt and revealed three letters on his chest – S – U – N

That stands for **Saturn**, **Uranus** and **Neptune**.

His little dwarf dog called **Pluto** ran off in the distance.

That was fun wasn't it?

Stories are cool and easy to remember but you have probably worked out that you have the planets of the Solar System from the story.

Just before we move on, write in the boxes below the planets from the story, try doing it though without going back it:

1	
2	
3	
4	
5	
6	
7	
8	
9	

Did you get them all? Well done.

Use your imagination, associate the things you want to remember by being random and the final thing we must do to get it into our long term memory is:-

### **Repetition**

If you say something five times, you are more likely to remember it than saying it once.

Repeat five times and I will not forget!

Now we have the key to your great memory.

**H**umour

**A**ssociation

**I**magination

**R**epetition

Or if you want a fun way of remembering that tip, think of **H. A. I. R.**

**Who says study has to be boring?**

Your final exercise is to create yourself a story. In the box below, write down some facts and then think of what the words remind you of (for instance, Pluto reminds me of the cartoon dog, Mars reminds me of a Mars Bar).

Then create your story and have fun.

*My story*

