



STUDY SKILLS PROGRAMME AT BARNHILL  
**THE SCIENCE OF LEARNING**

RESPECT



WISDOM



ASPIRATION



COMMUNITY

## MISSION

At Barnhill, we encourage lifelong learning and are committed to empowering our students in their learning journey. We use the latest research in cognitive science and memory to provide students with the necessary tools to achieve their very best.

## WHAT IS THE PURPOSE OF OUR STUDY SKILLS 'LEARNING TO LEARN' PROGRAMME?

Our Study Skills programme is designed to unlock students' capacity and understand how their brain works when learning. Through the carefully sequenced programme, students will learn to harness their skills and use these tools to study effectively, build their confidence and become better independent learners. The brain learns most pieces of information through examples and repetition. As teachers, we can significantly influence this learning process when we explicitly identify and praise students who use effective revision techniques. This consistent classroom reinforcement plays an integral role in this 'learning to learn' journey and development of routines.



*"Pupils achieve well and are exceptionally well prepared for their next steps."*

Ofsted 2024

YEAR GROUP	TIME OF YEAR	DURATION	SESSION TITLE AND OVERVIEW
Year 8 25 <sup>th</sup> April	Term 3 Summer 1	Assembly	<b>Focus:</b> Why do we need to focus? <ul style="list-style-type: none"> <li>• Why is focus important for the brain?</li> <li>• How can I focus the brain best in the classroom?</li> </ul>
Year 9 17 <sup>th</sup> October	Term 1 Autumn 2	Assembly	<b>Intentional:</b> What is the importance of being intentional? <ul style="list-style-type: none"> <li>• What is it?</li> <li>• How does the brain react to it?</li> <li>• What can I do to become more intentional?</li> </ul>
Year 10 25 <sup>th</sup> April	Term 3 Summer 1	2 hours	<b>Care to Learn:</b> Study skills session introducing the students to the psychology of learning. Four key points: <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Asking questions</li> <li>• Remember</li> <li>• Expectations</li> </ul>
Year 11 17 <sup>th</sup> October	Term 1 Autumn 1	2 hours	<b>Dare to Learn:</b> Study skills session building on the Y10 presentation. Specific focus on the GCSE revision techniques. Key points: <ul style="list-style-type: none"> <li>• Exam preparation</li> <li>• Focus</li> <li>• Memory techniques</li> <li>• Procrastination</li> <li>• Delayed gratification</li> </ul>
Year 11 Elevate	Term 1 Autumn 1 (week 4) 2 <sup>nd</sup> October  Term 4 Spring 1 (week 5) 5 <sup>th</sup> February	1Hour 1hour	These sessions are for select year 11 students who require additional support to revise effectively and help prepare for their examinations. <ul style="list-style-type: none"> <li>• Study Sensei – note taking, conceptual learning and working consistently</li> <li>• Ace your exams – applying knowledge to the exam, fixing mistakes and effective use of time</li> <li>• Time Management – Routines, working smart, collaborative learning and procrastination</li> <li>• Memory and Pneumonic – tips on how to remember more and recall information from your memor</li> </ul>
Year 12	Term 1 Autumn Induction week 4 <sup>th</sup> September	2 hours	<b>Serious today, success tomorrow!</b> Year 11 transition from year 11 into year 12 <ul style="list-style-type: none"> <li>• Responsibility - Independent learning</li> <li>• Personal target setting</li> <li>• Note taking</li> </ul>
Year 12 25 <sup>th</sup> April	Term 3 Summer 1	1 hour	<b>Active Learning:</b> Study skills session addressing the importance and development of self-regulated learning. Specific focus of this session is: <ul style="list-style-type: none"> <li>• Organisational skills</li> <li>• Self-regulated approach to studying</li> </ul>
Year 13 17 <sup>th</sup> October	Term 1 Autumn 2	1 hour	<b>Motivated Learning:</b> Study skills session addressing the development of motivation Specific focus of this session: <ul style="list-style-type: none"> <li>• Self-talk</li> <li>• Planning and target setting</li> <li>• Perseverance</li> </ul>



## WORK WITH TEACHING STAFF

WHO?	WHEN?	DURATION	SESSION TITLE, OBJECTIVE AND OVERVIEW
Teaching staff	Term 1 Autumn 1 17 <sup>th</sup> October 3-4pm	1 hour	<b>Care to Learn:</b> Staff are introduced to an overview of what the students heard so that they can reinforce key messages in the classroom and the techniques can be embedded through the curriculum.

## WORKING WITH UPSKILLING PARENTS

WHO?	WHEN?	DURATION	SESSION TITLE, OBJECTIVE AND OVERVIEW
Year 11 parents	26 <sup>th</sup> September 6.15 – 7pm	45 minutes	<p><b>Motivated Learning:</b> How can I support my child to stay motivated for their revision?</p> <ul style="list-style-type: none"> <li>• Research continually shows the powerful benefits of constructive parental support, to support students' academic outcomes.</li> <li>• Parents will leave this session with practical ways to instil, encourage and embed positive study behaviours and routines at home.</li> </ul>
Year 8, 9, 10, 12, 13 parents	Term 2 Autumn	10-minute podcast style pre-recorded videos to reflect the sessions for each year group	<p><b>Study Techniques</b></p> <p>This session is specifically developed for parents to understand how they can best support their child at home with their revision to achieve their very best.</p>
Year 11 & 13	Term 2 Spring 1	10 minutes presentation for parents, pre-recorded	<p><b>Motivated Learning</b></p> <p>This parent session shows the parents how they can best help their child to stay motivated in the lead up to exams.</p>