ST GERALD'S DLS COLLEGE

SGC STUDY SKILLS BOOKLET

2026/27

Learning How to Learn

DON'T JUST READ IT. TEST YOURSELF.

A practical guide for students and parents/guardians to build good study habits, active recall and growing independence.

SGC Study Skills Booklet

A simple guide to studying at home.

1. Getting organised

- Complete your homework.
- Choose one topic to study at a time.
- Find a quiet place and put your phone away.

2. Homework and study

Homework is work your teacher gives you. Study means going back over what you have learned and testing what you remember. Try to do a little study regularly, not just before tests.

3. Blurting: how to do it

Blurting means writing down everything you can remember about a topic without looking at your notes.

1. Choose one small topic.
2. Close your book and set a timer for 5 minutes.
3. Write down everything you remember. Use words, drawings or diagrams.
4. Open your notes. Add anything you missed in a different colour.
5. Study the missing information for 2 minutes, then try again.

Repeat 2–3 times if helpful. Take a 5–10 minute break after about 25 minutes of study.

4. Two-Five minute reflection: the next day

The following day, close your notes and spend 2-5 minutes recalling what you learned. Try to remember key points, then check your notes. What did you remember? What did you forget? Choose one thing to practise again.

5. Other useful study methods

- Maths practice: do questions without copying the example, then correct mistakes.
- Mind maps: put a topic in the centre and draw branches for key ideas.
- Keywords: write down a few important words and explain each one.
- Diagrams: draw and label a diagram from memory.
- Say it aloud: explain a topic as if you were teaching someone else.
- Mnemonics: make up a phrase to help remember a list.

6. Choosing the right method

- Maths: practise questions and redo ones you got wrong.
- Geography, History and Science: try Blurting, diagrams or mind maps.
- Languages: test vocabulary and practise speaking or writing.
- English: recall key ideas and practise short written answers.

7. Getting ready for a test

- Find out which topics are included.
- Start revising.
- Test yourself without looking at your notes.
- Go back over topics you find difficult.
- Get enough sleep the night before.

8. A note for parents and guardians

Encourage a regular study routine. Ask your child what they are studying and invite them to explain it without looking at their notes. Help them get organised, but allow them to do the work independently.

My weekly study planner

Write one small study task for each day. Keep it realistic.

Day	Topic / study task
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

My Blurting worksheet

Topic: _____ Date: _____

1. Close your notes. Write or draw everything you can remember:

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2. Check your notes. What did you miss?

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3. Study the gaps, then try the topic again on another sheet.
Next-day reflection: What can I remember without looking? What do I need to revisit?

Remember: Don't just read it. Test yourself.