

# CLONASLEE COLLEGE

*Study Skills  
and  
Target Setting Initiative*

# Learning Intentions

Understand and be able to use the  
POKER strategy

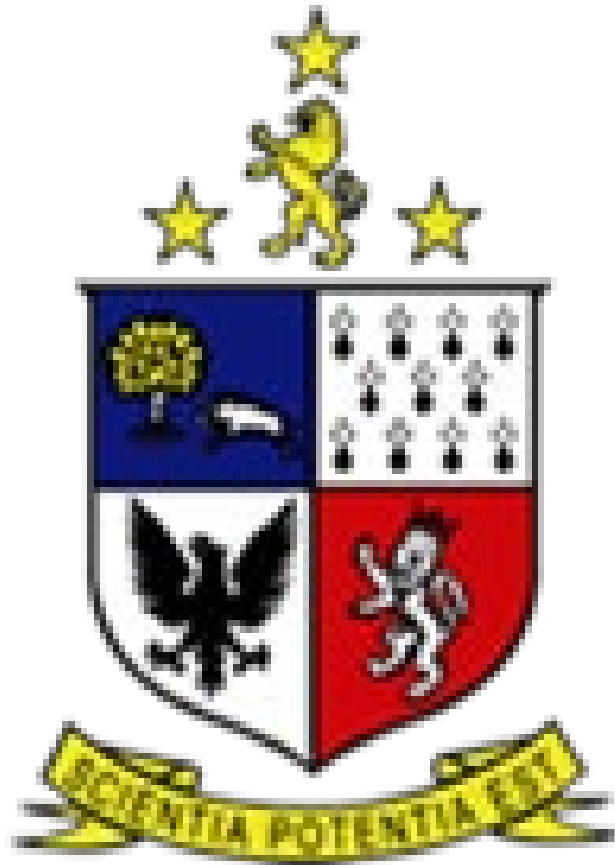


Set SMART targets for  
upcoming exams

# Some common student problems with studying...

- Time management
- Too many distractions!
- Not being able to study effectively
- Not being sure where to start





**POKER-**

WHOLE SCHOOL  
STUDY STRATEGY

# P

*Pre-test*

What do I **already know** about this topic?



🕒 5 Mins

# O

*Overview*

How does this topic break down? What are the **subheadings**?



🕒 5 Mins

# K

*Keywords*

Highlight the **keywords** for the topic.



🕒 5-10 Mins

# E

*Etch & Sketch*

Draw a **mind map** that uses the headings and keywords.



🕒 10-20 Mins

# R

*Retest*

What do I **now know** about the topic?



🕒 5-10 Mins

# POKER



Firstly

DECIDE ON THE TOPIC  
YOU ARE REVISING

# P

*Pre-test*

What do I  
**already know**  
about this topic?



🕒 5 Mins

## Pre-test

- Complete a pre-test on the topic that you are studying.
- A pre-test is a chance for you to see what you already know about the topic- this means that you are not wasting time studying material that is already in your head!
- Write down all that you can recall about this topic from your own memory
- It is most effective if you do this in timed conditions

## **Pre-test**

What do I already know about this topic?







## Overview

How does this topic break down?  
What are the **subheadings?**



🕒 5 Mins

# Overview

- Create an overview of the topic.
- Consider how does this topic break down? Can you separate this topic into subheadings?
- For example in History, you may be able to break a topic down into the causes (the reasons why it happened), course (what happened) and consequences (the results/impacts of what happened)
- Your textbook may be helpful for this activity- how does it break down each chapter?

# Overview

How can I break down this topic?



# K

*Keywords*

Highlight the **keywords** for the topic.



⌚ 5-10 Mins

# Keywords

- Identify the important keywords associated with this topic.
- What are the important subject specific keywords for this chapter?
- Can you recall them?
- Can you explain what they mean?
- Can you use them in a sentence?
- Once again, your textbook/class notes may be helpful here

## Keywords

What are the important key words for this topic?





## *Etch & Sketch*

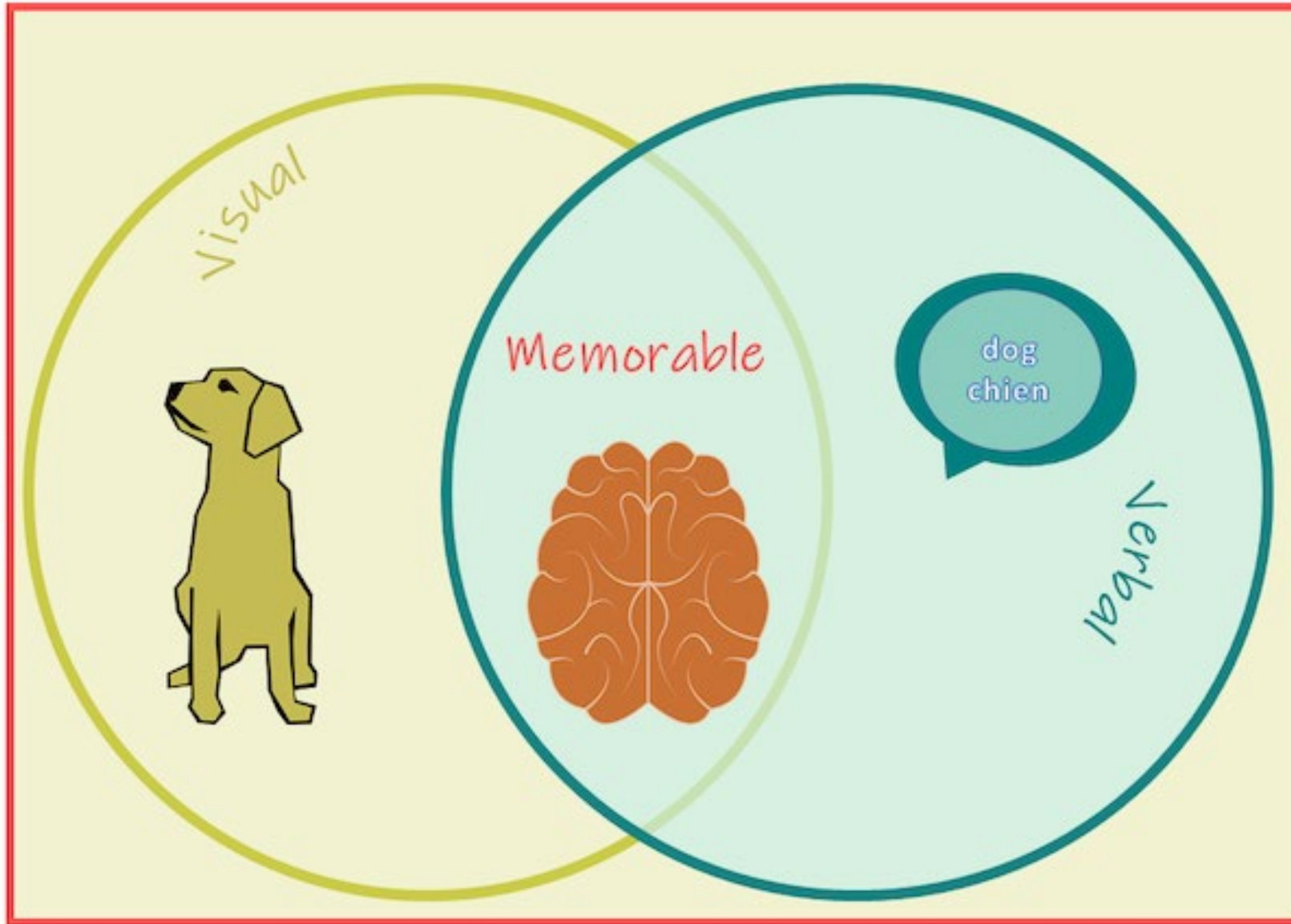
Draw a mind map that uses the headings and keywords.



⌚ 10–20 Mins

# Etch and Sketch

- Present your information in a mindmap.
- Build on the knowledge you already have by creating a mind map using the subheadings and keywords you have already identified
- Include diagrams and images – necessary for dual coding
- This mind map should be clear and contain all the main pieces of information for the topic you are revising
- Your mind-map can be used as a revision source going forward



## Why are images important?

- **Dual coding**
- This is the idea of using two different methods to help learners encode information into their brains quicker
- Examples include an image and a word or lyrics and music

Subheading 1

Subheading 3

Main topic

Subheading 2

Subheading 4



# R

*Retest*

What do I **now know** about the topic?



⌚ 5-10 Mins

## Retest

- After completing the process, now retest your knowledge.
- After the revision process, what do you know now?
- It may be helpful to use your initial pre-test sheet, get a different colour pen- what can you add to it now? What have you learned since?
- A good way to check if you have revised this topic effectively is to look at past exam papers on [examinations.ie](https://www.examinations.ie), see if you could answer a question on that topic with confidence now!



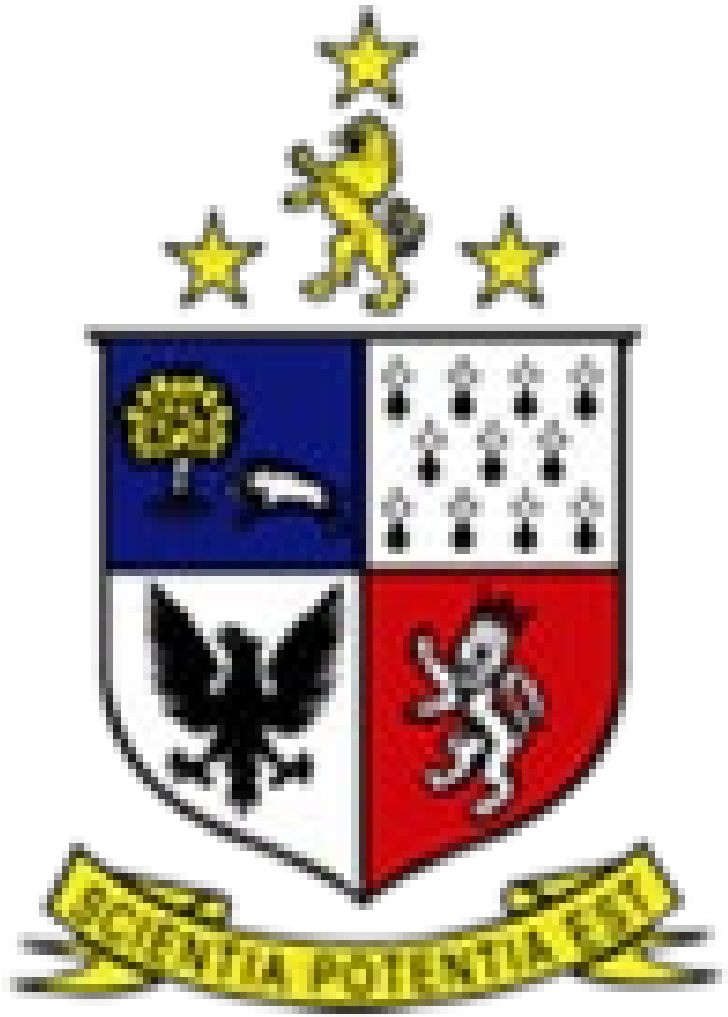
## Retest

After the revision process, what do you know now?





- POKER study card
- Use this strategy when revising for your exams to make sure you are studying effectively
- You'll feel more confident when you can see your knowledge improving as you re-test yourself on material
- Remember revising a topic once is not enough to keep that material in your head forever! Keep your mind maps and use them as a revision tool!



# TARGET SETTING

# What are target grades?

- Target grades are grades that are unique and personal to every student.
- Before exams, student will should set a grade they would expect to achieve in each subject.
- These grades becomes a goal to work towards to achieve
- According to the educational research carried out by Professor John Hattie, self reported grades are the best way of improving student attainment (that is how well you do in exams)

“

IF YOU  
AIM FOR  
NOTHING,  
YOU'LL HIT  
IT EVERY  
TIME.

UNKNOWN

CHERISH365.COM

”



**Goals**

DON'T WORK UNLESS YOU DO.

# For target grades to be effective, they must be SMART targets

**S**



**SPECIFIC**

Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!

**M**



**MEASURABLE**

Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.

**A**



**ACTIONABLE**

Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.

**R**



**REALISTIC**

Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.

**T**



**TIMEBOUND**

A date helps us stay focused and motivated, inspiring us and providing something to work towards.

# SMART targets

## **SPECIFIC:**

- Don't have as your target: "Read up on physical geography." Do have as your target: "Revise physical geography - rivers and sketch a model answer to the question on last year's paper."

## **MEASURABLE:**

- Measure your progress towards your goal. Use a revision planner for each subject and tick off each topic as you study/revise it. In this way, you'll literally see your progress.

## **ACTION-RELATED:**

- Break down your study goal into a set of specific tasks: e.g. do background reading of class notes, draw up essay plan, complete writing of essay. Base each study session on tasks, not time.



# SMART targets

## **REALISTIC:**

- Don't set goals you are unlikely to achieve. Review your progress tracker in your journal- what have you scored in recent tests? Consult with teachers and your guidance counsellor if necessary. Make realistic demands on yourself. Otherwise, you will quickly lose heart and lose interest.

## **TIME-BASED:**

- Avoid panic before a deadline. Always time your study tasks, working back from the deadline. If you have a test in two weeks time, set blocks of revision work for each of the two weeks.



# Your Targets

Should be set by you

Should be SMART targets

Should not be discussed with other students

Should not be influenced by other students

Should be something to work towards