



ACHIEVE EXCELLENCE PROGRAMME • KEY STAGE 3

KS3 Study Guide

Step-by-step: understand it → remember it → use it

Goal: understand it → remember it → use it.

1. Get the basics first (chunk it)

- Break the topic into 3–6 small parts (key words, steps, events)
- Write each part as a short heading

2. Do something with it (active learning)

After reading or a teacher explanation, do one of these:

- Answer 5 short questions
- Explain it out loud in your own words
- Create a mini mind map with 6–10 key ideas

3. Test yourself straight away (retrieval)

- Close your book
- Write down everything you can remember for 2 minutes (“brain dump”)
- Check and add missing bits in a different colour

4. Add a picture (dual coding)

Turn the topic into one visual:

- Timeline / diagram / labelled image / flowchart
- Add 5–8 keywords around it

5. Make links (connections)

Write 2–3 sentences starting with:

- “This is like...”
- “This links to...”
- “An example of this is...”

6. Space it out (spaced practice)

Revisit for 10 minutes on:

- **Day 1, Day 3, Day 7, Day 14**
- Each time: do retrieval first, then check

7. Use quick tools that work

- Flashcards: question on front, answer on back

- Mini quizzes from your teacher or online

8. Protect your brain (sleep + focus)

- Sleep properly before tests
- Revise in short bursts (10–20 mins) with short breaks

At KS3, the aim is to build the habit: chunk it, do something with it, test yourself, and revisit it — little and often.