

AQA Sociology A-Level- How to study independently effectively.

(5 hours per subject, per week)

Resources for revision:

- Lesson workbooks
- Sociology Textbooks
- Carousel quizzes available on MS Teams
- Additional textbook handouts, articles, and websites (available on MS Teams folder)
- Ensure you have a news app on your phone (BBC/Sky/etc) to keep up to date with the latest social developments.

Step one - Transform the information from the listed resources and put them into a condensed format. Consider creating flashcards, mind maps, knowledge organiser or detailed notes.

Step two - Active recall- This is a crucial aspect of the revision process and is often missed out. You need to ensure you actively test your memory and ability to recall, you must struggle, you cannot simply rely on the textbook. Therefore, without notes it is worthwhile trying to write what you remember on a mini whiteboard, or even apply the information to an exam question or engage with the carousel quizzes.

Step three - Plan essay questions- If you do not do this as part of the 'active recall' it is important you draft plan essay questions, you can also use this as a checkpoint to check your plan with your teachers and peers. Remember to establish a clear line of argument for your essay!

Step four - Complete essay questions- Exam technique can only be developed through real life practice. Complete extra essay questions and I will happily provide feedback.

Step five - Engage with feedback- Feedback is pointless without students actively engaging with the advice given, clarify anything you are unsure about with your teacher. This may involve redrafting your essay question in response to feedback.

Other important guidelines:

- 5 hours per subject per week outside of your classroom lessons is the minimum recommended. This can involve revision, research, reading etc.
- Plan your revision, create a revision timetable, and ensure you allocate a reasonable amount of time for yourself. Research shows students often fail to do this and therefore do not stick to the timetable.
- Minimise any distractions, particularly mobile phones/television. Ensure they are on silent or DND. Put them in a drawer or use apps like Flora.
- Ensure you develop a healthy sleeping routine that fits with the school day, eat healthily to improve your ability to maintain focus. Ensure you take breaks to ensure a work life balance.