



5 hours in History

Research shows that the most successful students (i.e. those that make the most progress and get the highest grades) are doing between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you would build up to over the course of your A-Levels. In Year 12, we're talking something more like 15 hours per week. This equates to roughly 5 hours of independent study per A-Level per subject.

Remember that your independent study is divided into three types – **Consolidation, Reactive and Proactive**. How this is divided may vary from week to week or between subjects but one approach could be:

Consolidation - 45mins

Straight after a lesson, or that evening / the following day you should reread your notes, talk a topic through with somebody, write summaries, mindmaps, flashcards e.g. for definitions, facts you need to recall etc.

Reactive – 3hrs

This is your 'homework'. Each of your teachers should give you at least 1 hours' worth of homework each week. This could be linked to upcoming exams, preparation work for coursework or coursework that is currently being completed. This could include work for your America exam, British exam or NEA.

If you find this takes more than 1 hour, that's fine, you can take this from the proactive phase (not from the consolidation phase though). Equally, if you find you finish your reactive work quickly, spend more time on your proactive work.

Proactive – 1hr 15mins

This is the section that will broaden and deepen your overall understanding of the subject you are studying. It will not necessarily involve work that has been set by your teacher, but instead it is about you doing the extra practice questions, reading articles, watching videos, TED talks etc. In History, this might contain some of the following:

- Do some wider reading, listening or watching for America, Britain or your NEA. Resources are available on padlet and Teams (links below) (20-60 mins)
- Complete past paper questions – these are available on the AQA exam board website, you have essay lists for America and Britain in your folders, and there are questions on padlet. Frequent planning of essays is particularly important. (60 mins)

- RAG rate the AQA America and Britain specifications and complete some content revision, such as making mind maps or making knowledge organisers, on areas where you are least confident (30 mins)
- Answer questions from the end of each chapter in the core America and Britain textbooks (30 mins)
- Work together as well as individually – e.g. regularly planning essays in a pair or three can be incredibly useful

Useful links

- www.padlet.com/ifrater/america
- www.padlet.com/ifrater/britain
- www.padlet.com/ifrater/nea
- Your Sheldon Teams folder has an “Always Something To Do” channel, with lots of revision ideas and resources
- www.historytoday.com log in ifrater@sheldonschool.co.uk SheldonHistory
- <https://www.history.org.uk> log in ifrater@sheldonschool.co.uk SN146HJ*