



5 hours in... BTEC Applied Science

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.

Consolidation

The evening following a BTEC Science lesson, you should spend 12-15 minutes (24-30 minutes for a double) rereading your notes, writing the summary section at the bottom of your Cornell notes and making relevant flashcards e.g. for equations, definitions, facts you need to recall etc.

Reactive

This is your 'homework'. Each of your BTEC Science 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 will include work on Seneca Learning and Carousel Learning quizzes. 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

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 BTEC Science, this might contain some of the following:

- Complete a set of practice past paper questions – available from the Pearson website **(1 hour)**
- Use Seneca Learning to complete and add to class notes **(30 minutes)**
- Use the specification checklist or Assignment Brief to evaluate your understanding **(10 mins)**
- Answer questions from your revision guide **(30 mins)**
- Creation of knowledge organisers **(1 hour)**
- "Read, Cover, Write and Check" sections of Knowledge organisers **(30 mins)**
- Watch a TED talk on a relevant Science topic **(20 mins)**

Useful links

- **TED Talks** <https://www.ted.com/talks?sort=newest&language=en&topics%5B%5D=Science>
- **Pearson website** <https://qualifications.pearson.com/en/qualifications/btec-nationals/applied-science-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments>



5 hours in... BTEC Applied Science – your weekly review

Week beginning: _____

What have I been learning with Mrs Ludlam? _____

What have I been learning with Dr Langdon? _____

Consolidation (tick when complete)		Reactive 1	Reactive 2	Proactive 1	Proactive 2	Proactive 3
Lesson 1						
Lesson 2						
Lesson 3						
Lesson 4						
Time spent						

Total time spent on Independent Learning in Chemistry this week: _____

Areas that require further review

Things I need to ask Mrs Ludlam /Dr Langdon

Checked by: _____ (teacher)