How to organize events in the past:

1) Past Simple:

The past simple tells you about an event which ended at a point in the past.

Yesterday, I went out with my friends.

Last year, I travelled to Spain.

I finished all my work before eight o'clock.

2) Past Perfect:

The past perfect tells you that something happened before something else in the past.

The older event or action is in the past perfect. The newer event or action is in the past simple. The past perfect and the past simple are used together to put events in the past in order from old to new.

I had finished all my work (older action in the past perfect) before I went out (new action).

I had finished primary School before I joined high school.

I had finished high school before I joined the Faculty of Arts.

Past Perfect --- Past Simple

(Older action in the past) --- (New action but it also ended in the past).

I had learned how to play the piano and then I started to learn the violin.

I had studied for five years before I finished my PhD.