



# Need help studying?

These ten study tips might help.

- 1. Establish a routine.** Set aside a particular time each day for study and revision and stick to it.
- 2. Create a study environment.** This should be away from interruptions and household noise, such as the television. Ensure there is adequate lighting and ventilation, a comfortable chair and appropriate desk.
- 3. Set a timetable.** With a timetable you can plan to cover all your subjects in an organised way, allotting the appropriate time for each without becoming overwhelmed.
- 4. Study smarter.** Be prepared, don't cram. Don't wait until the last minute to prepare and attempt to learn an entire chapter or even semester in one or two days. Break the material into smaller chunks and review 15-20 minutes daily.
- 5. Look after yourself.** Drink plenty of fluids, especially water, and eat healthy foods. Keep sugary foods to a minimum. Make sure you get enough sleep each night. Regular physical exercise makes you feel great, boosts your energy and helps you relax. So try to keep up regular sporting activities or at least fit in some regular exercise as often as you can.
- 6. Reward yourself for studying.** Watch your favourite television program, spend time with your friends, walk to the park and play sport throughout the week.
- 7. Have variety in your study program.** Study different subjects each day and do different types of work and revision in each study session.
- 8. Avoid interrupting your concentration.** Have all the appropriate materials with you before you start a session of study to minimise distractions.
- 9. Test yourself on what you have studied.** Ask your parents or family members to quiz you on what you have learnt, use draft questions from books, past assessments or major exam papers.
- 10. If you need help, just ask!** Support is available, whether it's from your teachers, parents, friends or 'yourtutor'.

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