



TOP TEN STUDY TIPS

1. Pick a place and time
2. Study every day
3. Plan your time
4. Discover your learning style
5. Review and revise
6. Take breaks
7. Ask for help
8. Stay motivated
9. App it up
10. Look after yourself





1. Pick a place and time

- Everyone has their own idea about the best place and time to study. Whether it's your bedroom at night or the library after school, find a study space and a regular study time that works for you and stick with it.
- **Set up your study space** – Your study space should be quiet, comfortable and distraction-free. It should make you feel happy and inspired. Decorate it with your favourite pictures or objects. If you want to listen to music or burn incense, pick a space that lets you do that.



Pick a place and time

- **Find your best time** – Some people work better in the morning.
- Others work better at night. Work out which time suits you and plan to study then.
- Don't study much later than your usual bedtime.

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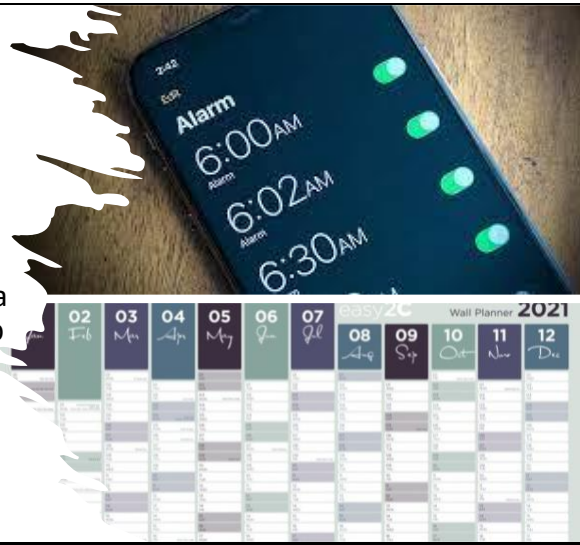
2. Study every day



- Study a little bit everyday.
- Early in the year an hour or two at night might be enough. Later in the year you might need to study more each day.
- If you're finding it hard to find time to study, cut back on other activities.

3. Plan your time

- **Set alarms** – Set alarms to remind you about your study plans.
- **Use a wall planner** – Stick a calendar or wall planner up so you can see it whenever you're studying. Mark it up with important dates, like exams and assignment due dates.

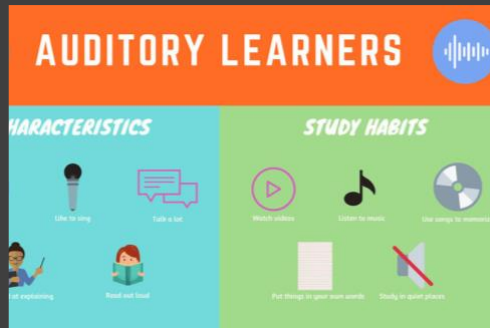


Plan your time



- **Make to-do lists** – At the start of the week, make a list of the things that you need to have done by the end of the week.
- **Set time limits** – Before you start your study session, have a look at your to-do list and give yourself a set time to spend on each task.

4. Discover your learning style



- Most of us have a preferred way of learning. Get to know the learning style you're most comfortable with and study in the ways you learn best.
- **Auditory learners** prefer to learn by listening. Try reading your notes aloud and discussing them with other people. You might like to record key points and play them back.

Discover your style

VISUAL LEARNERS



CHARACTERISTICS

- Enjoy reading
- Good speller
- Very neat
- Gets distracted by noise
- Tends to skip

STUDY HABITS

- Watch videos
- Make flashcards
- Use mindmaps
- Use charts and graphs
- Use colors to highlight

- **Visual learners** prefer to learn by seeing. Try using colours in your notes and draw diagrams to help represent key points. You could try to remember some ideas as images.

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Discover your style

- **Tactile/kinaesthetic learners** prefer to learn by doing. Try using techniques like role-playing or building models to revise key points.

KINESTHETIC LEARNERS

CHARACTERISTICS

- Like to touch
- Energetic
- Good at sports
- Very observational
- Quick reading

STUDY HABITS

- Use role-play
- Build models
- Study outdoors
- Create diagrams
- Use diagrams/visualizations

5. Review and revise



- At least once a week you should go back over the things you've studied in class.
- **Quiz** – Get a friend or family member to quiz you on key concepts. Offer to help your friends with their work too. Quizzes are great ways to get confident about what you know and find out what you still need to learn.
- **Make your own study materials** – Think up some practice exam questions or create your own flash cards to help you study.

6. Take breaks



✓ Take breaks while you're studying

✓ Working too long on a task can actually decrease your performance.

✓ When you take a break, make sure you get away from your desk or study space.



7. Ask for help

- If you're stuck always ask for help. Talk to your teachers or parents or even your friends.



8. Stay motivated

- ✓ Keep in mind your reasons for doing all this hard work.
- ✓ Decorate your study space with inspirational quotes or photos of your goals.



9. App it up

- There are heaps of apps out there for helping students with all aspects of study. Have a chat with your friends and teachers to see which apps they recommend.



10. Look after yourself

- ✓ Eat well
- ✓ Get enough sleep
- ✓ Exercise
- ✓ Drink water
- ✓ Relax



The slide features a dark grey background with a list of five health tips, each preceded by a white checkmark. To the right of the text are five circular images. The top-left circle shows the word 'Relax' written in a dark, textured font on a light brown, textured background. The top-right circle shows a person with long dark hair sleeping peacefully in a bed with white linens. The bottom-left circle shows a group of five people of various ages and ethnicities jogging on a grassy path outdoors. The bottom-right circle shows a person from the back, drinking water from a clear plastic bottle against a bright, hazy sunset background. In the center of the slide is a circular graphic with the text 'EAT HEALTHY' in a bold, green, sans-serif font, surrounded by a variety of colorful fruits and vegetables including apples, oranges, carrots, broccoli, and leafy greens.