

STUDY HABITS

Get these right and life is much less stressful..

**Please remember to
respect each other's
confidentiality**

Last time....

We looked at;

1.The importance of sleep

2.Diet

3.Exercise

4.Relaxation

What's in this session?

It's in three parts;

1. Routine study

2. Deadlines

3. Revision

Routine study

It starts in the lessons

Taking notes

- *Lots of ways to do this*
- *Find the one(s) that work best for you*
 - *Headlines*
 - *Bullet points*
 - *Diagrams*
- *Focus on key information*
- *Keep it legible*

Keep it organised

- *Keep your notes and books together/in subjects*
- *Put it away at the end of the day, get the next day's books ready*

Taking it all in

- Giving it your attention
- Understanding as you go
- Engaging with the work
- Taking notes
- Asking for help
- Deal with the difficult bits, don't ignore them

Good Habits

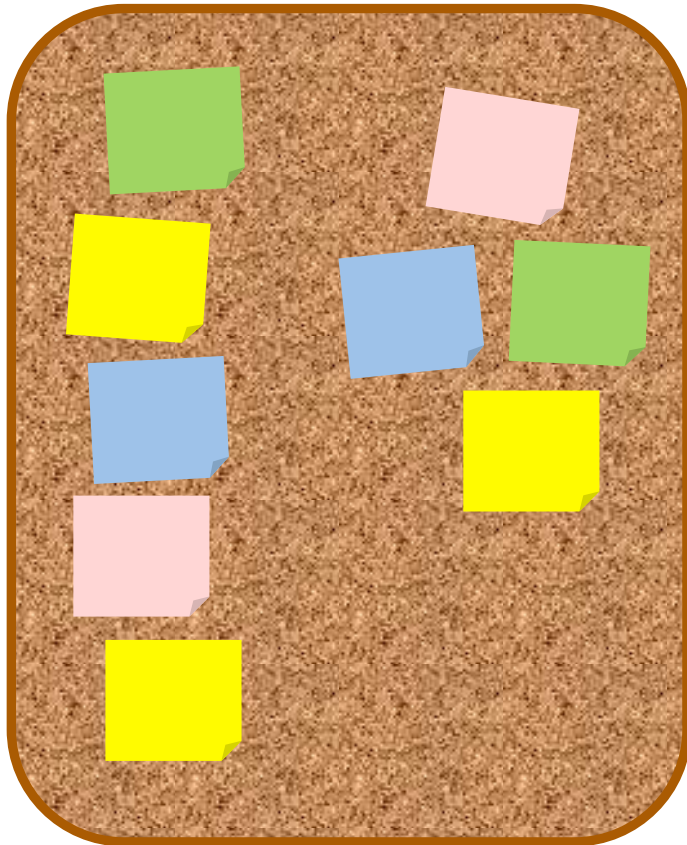
- Little and often
- Read ahead
- Review after
- Don't put things off

Deadlines

Oooo scary...!



- *Know what and when they are: assignments, tests and exams*
- *Put them in your phone/diary*
- *Use BeauchApp to check up on assignments*
- *Use the Post-It Wall*



The Post-It Wall

- *Put each task on a separate Post-It; include what the task is and the deadline*
- *Stick it on the wall; high priority at the top, others lower down*
- *Group them together, space them out – whatever helps you keep track*

Big projects and assignments

- Break it down into manageable stages
 - Preparation
 - Research
 - Draft
 - Edit and final version
- Decide how much time each stage needs

Revision

Remember: this means “look again”

- Reading the textbooks/handouts is ‘passive’ revision and is the least effective way to revise
- The more you can make your revision ‘active’, the better results you’ll get;
 - Review/summarise your notes and make sure they are accurate and complete (RIRO – rubbish in, rubbish out..)
 - Use diagrams, symbols to annotate your notes
 - Create mind-maps and spider diagrams
 - Create cue cards
 - List key terms, themes, concepts
 - Make mini-videos you can come back to or share with friends
 - Study with friends (but keep it focussed)
 - Use past papers and feedback
 - Get ‘exemplar’ answers as guidance
 - Explain things to someone else
 - Give each session a clear focus
 - Use the 30/10 or 45/15 approach

IT’S ABOUT:

WHAT YOU KNOW

HOW YOU CAN USE IT

Revision Schedules;

Creating a great schedule doesn’t add a single thing to what you know – you have to *use* it!

- Look at how much time you have before the exams start
- Add in any special days/events (weddings/birthdays etc)
- See how much time you have for actual study and revision
- Allocate time between your subjects
- Factor in some time to relax and take some exercise
- Sketch out the plan and adjust it
- Keep track and adapt it if necessary

Take a deep breath...

Last time we looked at a simple breathing exercise
Anyone try it out?
Some did and found it helped

- Here's another one to try.
Progressive muscle
relaxation