

GENERAL STUDY TIPS

Here are seven steps to help improve your study. Remember, by starting early you reduce stress and increase your chance of success.

STEP 1: ORGANISE YOUR STUDY SPACE

Find a study space that suits you.

STEP 2: REMOVE DISTRACTIONS

Study in a space where you will not be disturbed. Turn off your phone and other digital devices. When you are distracted you are unable to focus which wastes your study time.

STEP 3: MAKE A STUDY PLAN

Plan when and what you will study. A study timetable or diary is a great way to organise your study. Include specific tasks to be completed and the time each is expected to take. Set realistic goals of what you want to achieve in each study session.

STEP 4: DEVELOP A STUDY ROUTINE

Studying at the same time and in the same place will help you stick to your study plan.

STEP 5: TAKE REGULAR BREAKS

Short 10 - 15 minute breaks every hour helps improve your focus and can boost your intake of information. Be disciplined in the length of your break.

STEP 6: USE SUMMARISING TOOLS

Use a variety of summarising tools to keep you interested in what you are studying. Some summarising tools are mind maps, compare and contrast tables, flash cards, bullet points and timelines.

STEP 7: KEEP BALANCE IN YOUR LIFE

You will not be able to study effectively if you do not look after yourself. So make sure you get adequate food, exercise, sleep and relaxation.