



STUDYING WHAT WORKS FOR YOU?

An important part of effective learning is knowing yourself well and recognising what makes you relaxed & able to concentrate.

Everyone is different, for some listening to music might help them concentrate. For others, although they want to listen to music, it's a real distraction to their revision.

Activity: Tick a box for each study scenario, go with your instinct & be completely honest about the environment that truly helps you study best.



I study best...



	At night	OR	In the morning	
	At a table	OR	Lounging around	
	While snacking	OR	Without snacks, it's just an avoidance tactic	
	In a tidy organised room	OR	In an untidy room	
	With my friends	OR	Alone	
	In a warm room	OR	In a cool room	
	With music playing	OR	In a quiet environment	
	At home	OR	At a revision class / library	
	With my phone in hand	OR	With my phone on silent	

Study TIPS:

- Draw up your revision timetable
- Study in 30-40 minute spells
- Mix up the order of subjects
- Take regular 5-10 minute breaks
- Exercise each day
- Drink plenty of water
- Don't put it off... bite the bullet!
- Reward yourself for your hard work
- Use family & friends to help you
- Time yourself on a past paper question
- Talk to someone if you feel stressed
- Find a quiet space without distractions
- Spread out your study and test yourself
- Sleep is vital, are you getting enough?