

10 TIPS FOR STUDYING SMARTER

5. STAY POSITIVE

A positive mindset does not create genius but it does release it. Reframe your thinking and surround yourself with people who support your goals.



6. MOVE FOR YOUR MOOD

When you do take a break, refresh your mind by walking the dog, putting some music on and dancing or going for a run.

7. POSTER-ISE

Spend some time making posters of important dates or equations. Put them up around the house where you can see them.



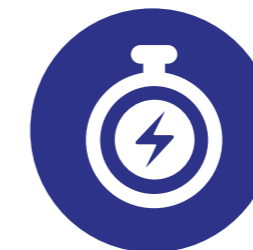
8. GET TUTORED FOR FREE

Visit Khan Academy or look online for Eddie Woo. These programs will tutor you for free and have online videos that help you learn.



9. DON'T BE LATE!

Leave plenty of extra time to arrive at your exam on the day. Prepare for extra traffic and take some steps to get ready to leave the night before.



10. BE KIND TO YOURSELF

Studying is hard! The process can start to feel stressful for every student. When it all gets too much, find a peaceful spot and remind yourself you are doing well.



1. BREAK IT INTO BLOCKS

You can't study non-stop! Plan to work in 45 or 50 minute blocks and give yourself time to reset your brain.

2. UNDERSTAND, DON'T MEMORISE

Aim to be clear on what you are actually learning. The more you understand, the less you will struggle to remember.



3. USE THE CLOUD

Word clouds let you focus on key themes and topics. One free tool you can try is <https://monkey-learn.com/word-cloud/>.



4. GET SOME ZZZZs

You need to sleep for 8-10 hours per night for optimum brain function. If your brain gets too busy, jot down your thoughts on a notepad.

