

STUDY IDEAS

Whatever your goals – university, further training or full-time employment – you need to work hard and be proactive with your studies to achieve your best. This means allocating time most days to your studies.

Here are some ideas to help you get the most out of your time.

1. Establish a routine

Set aside a couple of hours each day for study and revision – and stick to it.

2. Create a study area

Set up an area away from interruption and noise. Make sure you have enough light and are comfortable. Avoid distractions by turning off the television, closing your social media sites and switching off your phone. Make sure you have everything with you before you start.

3. Create a study timetable

This helps you stay organised and on track while you study. Make sure you work on one subject at a time so you don't feel overwhelmed.

4. Have lots of variety in your study timetable

Study different subjects each day. Work on different things such as an assignment one day and revision the next.

5. Test yourself

Ask someone in your family to test you on what you have learned.

6. Ask for help when you need it

If you are having trouble keeping up with your classwork or understanding a topic, speak with your teachers – they are there to help.

7. Look after you

It is vitally important for you to have a healthy balance between study and relaxation. Stay away from sugary foods. Drink lots of water and eat healthy meals. Make sure you get enough sleep each night – all-night study sessions are not good for you. Get regular exercise – it helps you relax and boosts energy levels.

