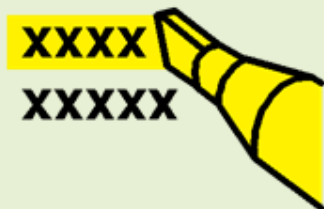




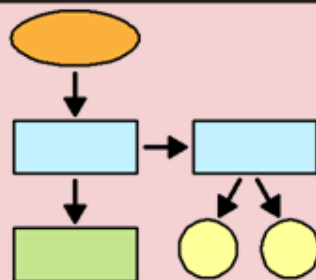
Ways for me to study



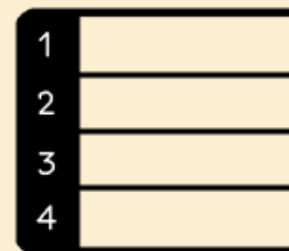
read over my notes



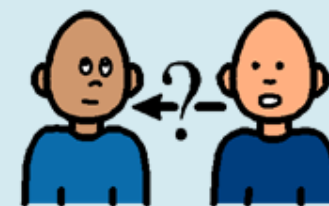
highlight important bits of information



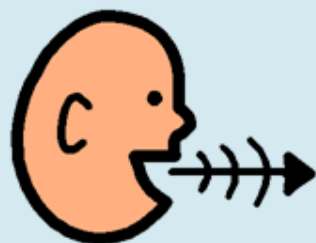
make a diagram to link my notes



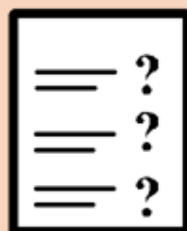
use a study guide



make up questions about the topic



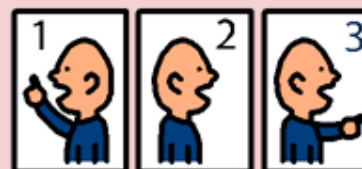
teach it to someone else



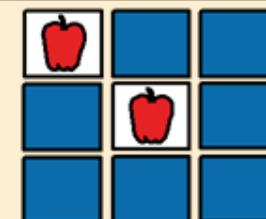
complete practice test papers



answer example questions



visual reminders



use memory games to help memorise important facts



use agreed websites



use post it notes with important information



use music to help memorise longer pieces of information



use different colours for different phrases to remember



something else

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Getting ready to study



Trial study!



Find out what works best for you. Studying is different for different people. Listen to other people but try out different ways to find what is best for you.



experiment with
listening to music or
studying in silence



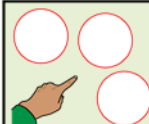
experiment with
trying different rooms



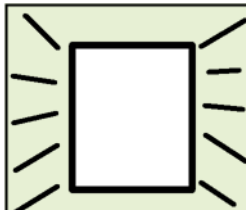
experiment with
different study
seating positions



Study space



Choose a study space that works for you.



choose a
clear and
tidy space



choose a
calm space



Collect resources



Make sure you have everything you will need before you start.



study notes



jotters



textbooks



highlighters



pens and
pencils



rubber



ruler



sharpener



anything else



Healthy Body Healthy Brain



drink water



eat a balanced
diet



get into a good
sleep routine



plan regular
breaks



avoid overwhelm
of information



plan time for
hobbies

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