

## **TWELVE TIPS FOR SUCCESSFUL STUDY**

**1. Create a study environment** – where you study and the conditions under which you study have an effect on how well you learn.

**DO** try to have a permanent place for study e.g. bedroom, sitting room.

**DO** have suitable lighting (too much produces glare and too little causes eye strain).

**DO** ensure a fresh flow of air into the room. Stuffy rooms cause drowsiness and headaches which reduces the effect of your studying.

**DO** study on a firm-backed chair at a table or desk

**DO** keep all your books pens etc here, so you are ready to study straight away.

**DO** have all the appropriate materials with you before you start a session of study.

**DON'T** study in 'family' areas of the house. These are full of distractions and noise e.g. TV, radio, phone, visitors. You are also less likely to be able to leave work set up in these rooms.

**DON'T** have your mobile switched on-this will distract you. Why not arrange to text friends at an agreed time after study.

**DON'T** lie on the bed or floor, or sit in an armchair. These are not good positions for study, especially if you have to write.

Many students prefer to study with music in the background; this can work for some though for others concentration tends to suffer.

### **2. Establish a routine**

**DO** set aside a particular time each day for study and revision and stick to it.

**DO** see study as part of your daily routine this way it will be more acceptable to you and your study will be more productive.

**DO** have a definite time for starting study each evening and stick to it.

**DO** study at weekends. Try to get some work done before 7pm on Friday. Saturday mornings are often a good time as is Sunday when there are fewer distractions.

### **3. Set a timetable**

**DO** have a timetable planning out what subjects you want to study over a period of time.

**DO** decide how long you will spend on each subject and topic.

**DON'T** set an unrealistic timetable which will overwhelm you.

### **4. Have realistic goals**

**DO** plan exactly how much you want to get done in the time available.

**DO** set a goal for each study period e.g. "Revise physical geography – rivers, and sketch a model answer to the question on last year's paper."

**DO** try to meet goals and deadlines – this will give you a great sense of satisfaction.

**DON'T** be upset if you cannot meet a goal – learn from it and plan wisely next study period.

### **5. Have breaks in your study period**

**DO** break up your study with rest periods – this leads to better learning.

**DO** try to work for 30 mins and then have a rest break of 5 mins.

**DO** get up walk around have a breath of fresh air and forget about the books.

**DON'T** study for long periods without breaks. This will leave you tired and without little learned.

### **6. Look after yourself**

**DO** drink plenty of fluids especially water.

**DO** eat healthy foods.

**DO** eat breakfast – it's the most important meal of the day, helps concentration and makes it easier not to snack on sweets etc.

**DON'T** eat too many sugary foods.

**DO** have regular exercise this makes you feel great, boosts your energy and helps you relax – even a short walk will do this.

### **7. Reward yourself for studying**

**DO** treat yourself for studying.

**DO** watch your favourite TV programme as a reward (you can record it and watch it after study).

**DO** spend time with your friends, go for a walk, play sport - see these activities as a reward for study.

**DO** enjoy your 'free' time.

### **8. Have variety in your study programme.**

**DO** study different subjects each day and do different types of work and revision in each study session.

**DO** spend an equal amount of time on each subject.

**DO** vary the order of study for each subject. otherwise you will leave the subjects you dislike last.

**DO** sometimes study the subject you dislike first. You will be fresh and learn more.

**DON'T** avoid the subjects you don't like-you will have to study them eventually.

### **9. Test yourself on what you have studied**

**DO** set yourself questions that you need to find the answers to as you study.

**DO** test yourself on what you have studied.

**DO** ask parents, family members to quiz you on what you have learnt.

**DO** use past exam questions and practice answers.

**DO** ask teachers for help if you can't do past exam questions.

### **10. Don't panic at exam time**

**DON'T** panic before exams. If you have followed a study routine there should be no need to worry

**DO** try to stay calm, positive and confident.

### **11. Ask your teachers for guidance**

**DO** ask your teachers for help and advice.

**DO** ask teachers to go over work you find difficult - whether it's grasping a new concept or understanding something you learnt earlier in the year.

**DON'T** think that teachers won't understand your stress and concerns – remember they did the Leaving Cert too!!

### **12. Tips for PARENTS**

**DO** provide a suitable study area.

**DO** tell other family members to expect and accept the pressure in the house – it will be all over at the end of June!

**DO** expect stress levels to increase.

**DO** encourage healthy eating.

**DO** let your child have relaxation time as well as study time.

**DON'T** nag about study-gently suggest it.

**DON'T** expect usual chores to be done as exams approach – bedrooms can be tidied in the summer holidays.

**DON'T** hassle your child – support them.