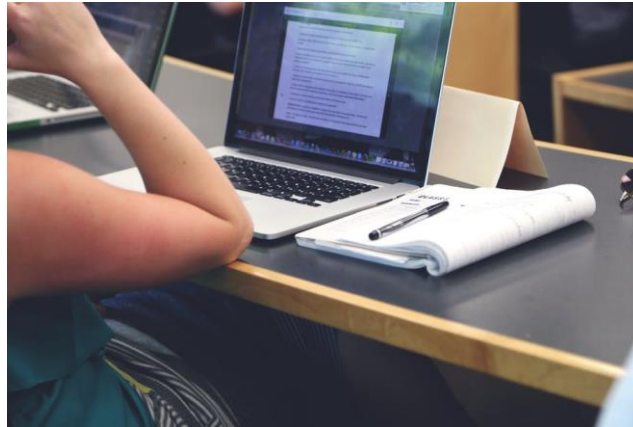




Week 4: TIPS FOR STUDYING



- **REVIEW AND REVISE**

- At least once a week you should go back over the things you've studied in class. Thinking things over can help you to understand the concepts and help you remember when you need them the most.

- **USE OF PAST PAPERS**

- Examples of test questions helps understand the material and apply to similar style of questions for the exam.
- Use of mock or trial exam. Create a mock exam setting, time and pace yourself under exam setting with past exam or mock paper.

- **QUIZ**

- Get a friend or family member to quiz you on key concepts. Offer to help your friends with their work too. Quizzes are great ways to get confident about what you know and find out what you still need to learn.

- **MAKE YOUR OWN STUDY MATERIALS**

- Think up some practice exam questions or create your own flash cards to help you study. This way you learn it all twice: once when you make the study materials and once when you use them to revise.

- **STAY MOTIVATED**

- When you're studying it helps to keep in mind your reasons for doing all this hard work, like a course or career you're working towards. It can help to have something in your study space to remind you of your goals.
- You could also decorate your study space with inspirational quotes or photos of people you admire and family members you want to make proud of you.

- **LOOK AFTER YOURSELF**

- You'll study better if you take care of yourself. Make sure you eat well and get enough sleep and physical exercise. Don't reward yourself with too many sugary or fatty snacks or push yourself to study late into the night. It's also a good idea to make sure you drink lots of water when you're studying.

