

# GETTING THROUGH EXAMS

6 SIMPLE TIPS!

## Time management

Organisation saves you time- think about writing a timetable, setting break times, preparing your study snacks and putting your materials in order, so you can jump straight in.

Consider:

- How many hours do you want to study for each night?
- When is the best time in your day to do this?
- Create a to do list or priority list on what you need to start on first.

Also: plan out your study breaks & study snacks before beginning, so you have some reward to look forward to.

## Brain Breaks/Getting Rest:

-Sticking to a routine that provides your body with rest and nourishment is crucial. Your brain needs a certain number of hours of sleep- so it can consolidate what you have learnt, this is when you dream at night. Give yourself 7-8 hours of sleep every night and **DREAM!!**

Allow yourself to take as many breaks as you need, have snacks, three meals a day and prioritise what is most important to you- you must have time away from studying as well (call them rewards if you must).

## Do what works for you!

Every brain works differently- maybe you learn in a way that is different to others.

Different ways to study:

- Attempting practice exams
- Making posters
- Teaching the information to family members or teddy bears
- Creating concept maps
- Writing diagrams on certain topics
- Watching videos or lectures on the topic
- Learning with friends and brainstorming ideas
- Asking your teacher to go over topics
- Reading over & Highlighting textbooks

## Set yourself SMART Goals:

S: Specific

In order for a goal to be effective, it needs to be specific.

A specific goal answers questions like:

What needs to be accomplished?

Who's responsible for it?

What steps need to be taken to achieve it?

M: Measurable

How can you track your progress? For example, if your goal is to study more, maybe you can record how long you are studying for, maybe a total amount of hours in a week, and at the end of the week you can see if you have met the goal.

A: Achievable

Goals should be realistic they shouldn't set you up for failure.

Ask yourself: is your Goal something you can reasonably accomplish? If not; you need to adjust the goal to be Achievable.

R: Relevant

Think about the big picture. Why are you setting the goal that you're setting? What is your motivation?

T: Timeline

What time allowance are you giving yourself? When do you want this goal to be accomplished by?

## Stay motivated:

Being motivated is hard - that's why you need to lean on tips and tricks to keep on top of your studies:

- Setting alarm clocks & timers for your routine; study time & break time
- Ask friends or family to check in on you -
- Organize study sessions with friends - even if you know it's another distraction- its better than nothing and you would have covered at least one important topic.
- If you feel motivated at school, ride the wave! Stay back at school in the library and keep going.
- Organize with your family or friends to teach them about the topics you are learning about - teaching is one of the most effective ways to consolidate information.
- Put together a vision board of why you need to study - include your goals and aspirations and put it somewhere where you are reminded every day.
- Google quotes and motivational sayings that you can print out and stick around your room/house/locker.

## Distractions & Mistakes:

What are your distractions? Plan ahead and find ways to avoid them.

Made any mistakes? Use them to your advantage, every mistake is a new learning curve, don't let it knock you down.

**IF YOU EVER FIND YOURSELF STRUGGLING AND NEED SUPPORT - THE WELLBEING DEPARTMENT IS HERE TO HELP.**

**FOR OUTSIDE OF SCHOOL HOURS, KIDSHELPLINE IS ALSO ALWAYS AVAILABLE: 1800 551 800**