

EXAM READY STUDY TIPS

“The secret of getting ahead is getting started.

The secret of getting started is breaking your complex, overwhelming tasks into small manageable tasks, and then starting on the first one.”

- Mark Twain



Scheduled



Make a study plan (see the [downloadable study plan over the page](#)).



Add your exam dates, times and locations.



Include your responsibilities (classes, work, family, sport).



Give yourself time out for meals, snacks, study breaks, sleep, exercise/fresh air and time with family/friends.



Allocate short blocks of study time for each of your exams based on how comfortable you are with knowing their content. Allow more time for courses you find difficult.



Keep your plan accessible to help you to be consistent with studying and following your plan.



Focused



Know the course materials and what to expect. See the course documents on the TASC website. And talk with your teacher about the:

- course criteria that will be covered?
- number of questions and the time you will have to answer?
- type of questions – essay or short answer?
- equipment you can take into the exam – calculator, stationery, dictionary?



Set yourself up with a tidy, quiet study area with space and light if possible. Switch off your phone and social media.



Complete practice exams to identify what you need to focus on. Past exams and answers are available on the [TASC website](#).



Healthy



Sleep – at least 8 hours.



Eat well & keep hydrated.



Have regular breaks from studying – 25-30 minute blocks of study time are most effective.



Practice mindfulness.



Exercise, a walk is fine.



Balance study and work with relaxing chill time, spending time with friends and what you enjoy.



BUILD YOUR OWN STUDY PLAN

🕒	Mon
7:00	Breakfast
8:00	Study: English Goal: Revise txt 3 quotes
8:30	Study: English Goal: Revise key ideas & language features Dystopian Fiction
9:00	Study Break
9:30	Study: Chemistry Goal: Cr 7 – practice questions on isomers (2020 exam paper)
10:00	Study: Chemistry Goal: Cr 7 – practice questions on isomers (past exam paper 2018 and 2019)
10:30	Snack / fresh air & hydrate
11:00	Line 3
11:30	Line 3
12:00	Line 3
12:30	Line 3
1:00	Lunch
1:30	Study Break
2:00	Line 2
2:30	Line 2
3:00	Line 2
3:30	Line 2
4:00	Snack / fresh air & hydrate
4:30	Netball training
5:00	Netball training
5:30	Study: Sports Science Goal: review oxygen delivery



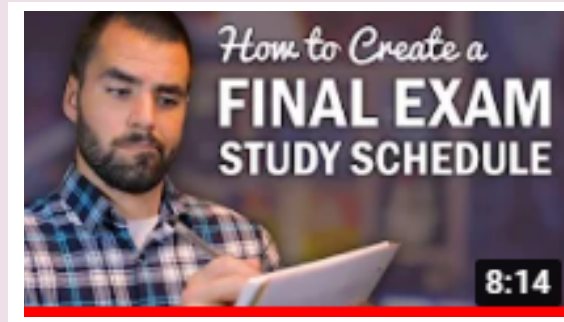
[download now](#)

TO DO

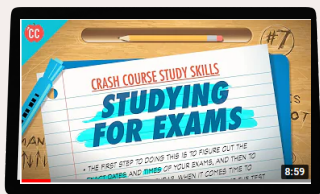
YOU GOT THIS!

DON'T LOSE FOCUS

Keep going



More resources...



5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

- 1 NOT ALL STRESS IS BAD**
While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognize when stress has tipped over from being a motivating force to an overwhelming emotion.
- 2 NIGHT BEFORE EXAM SLAYING CHECKLIST ON THE DAY**
CHECK your exam location and class time. DO a light review of your notes. LAY out your clothes. SET your alarm. VISUALISE yourself being calm and confident in the exam room. GO to bed early enough to get a good amount of sleep.
- 3 SAY IT OUT LOUD**
The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.
- 4 BREAKS = GOOD. CONSTANT DISTRACTION = BAD**
Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.

5 Apps to aid study

- Atmosphere** - relaxing sounds
- HabitBull** - motivational
- Smiling Mind** - mindfulness
- 7 Minute Workout** - fitness
- Flora** - manage screen time