

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 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 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!

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