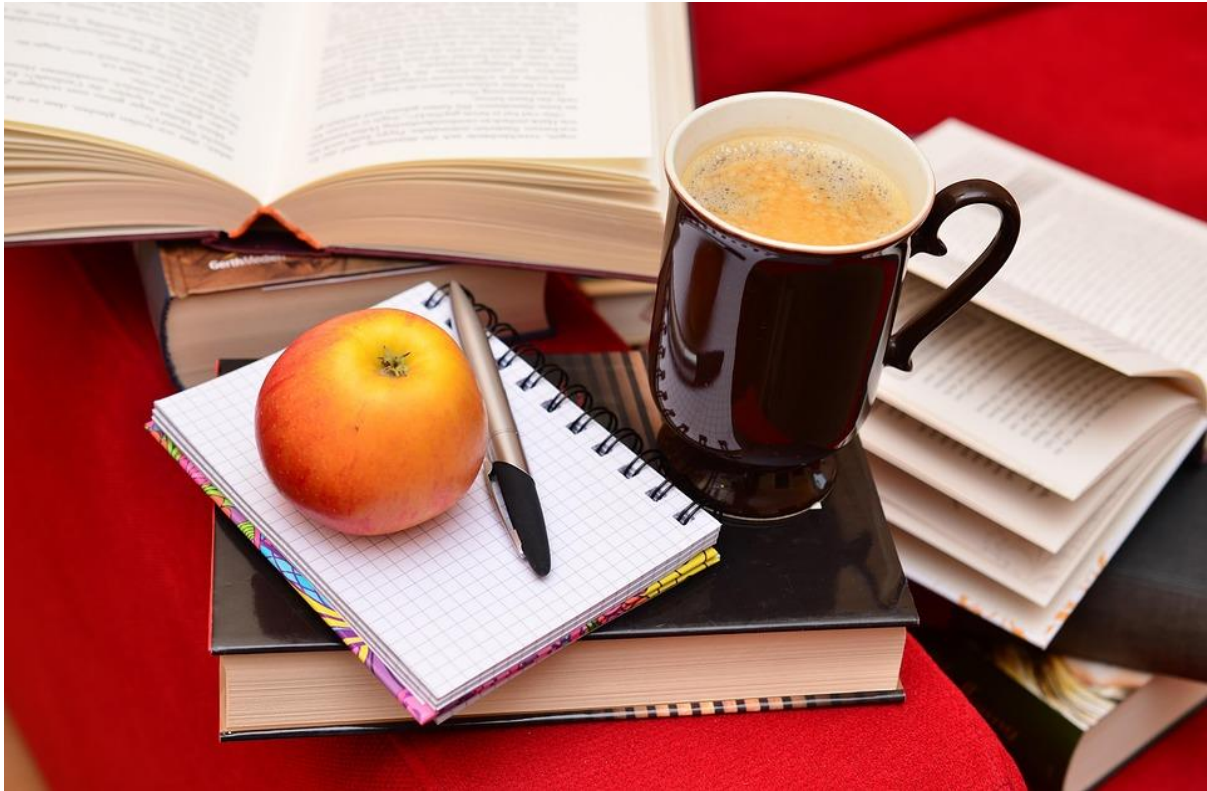


Study Tips



1. **Prioritise adequate sleep**

While this may seem obvious, it is important to get the basics right! Without the right amount of sleep, students will struggle to retain information, concentrate and manage stress effectively. In fact, research shows that lack of sleep can negatively impact upon learning ability by up to 40%!

Sleep is the ultimate secret weapon for academic success and overall wellbeing. Ensure you get the recommended eight to ten hours of sleep each night. Maintain a consistent sleep schedule, even during holidays.

2. **Consume healthy meals and snacks**

Proper nutrition is the key to fuelling our brain for optimal performance. Include nutrient-rich foods like greens, vegetables, nuts, berries, whole grains, fish, and protein in your diet. Limit excessive consumption of coffee, tea, and energy drinks, and remember the importance of staying hydrated with water.

3. **Harness the power of exercise**

Physical activity isn't just beneficial for the body; it also works wonders for the mind. Just 20 minutes of exercise before studying can improve concentration and help with focus. It boosts memory and enhances learning capabilities. It increases blood circulation, resulting in improved energy levels. Additionally, exercising triggers the release of endorphins, reducing stress and anxiety levels.

4. **Create an optimal study environment**

Finding the right study space can make a significant difference in concentration and productivity. Look for a quiet and comfortable area with good lighting and ventilation. Ensure you have adequate desk or table space and keep the study area tidy and well-organised. Minimise distractions by keeping the study space away from busy areas like the kitchen or living room.

5. **Lay the foundation for success with effective preparation**

Stay on top of your studies throughout the year. Advise them to revise class notes regularly and summarise your learning after completing each unit. Create a study list, identifying areas that require extra focus. Completing practice papers is an excellent way to build confidence and reinforce their understanding. Organising notes in a logical and accessible manner will also enhance your study experience.

6. **Develop a well-structured study timetable**

Develop a study timetable that outlines specific study periods for each subject. Study when you feel most alert and energised – for some this will be early morning, while for others it may be afternoons or evenings. Adopt effective study techniques that suit your learning style. These may include summarising notes, creating flashcards, using mnemonic devices to remember complex information, or using a time management tool.

While studying is crucial, schedule regular breaks for meals, family time, and personal activities. Balancing academics with relaxation is essential for maintaining focus and overall wellbeing.

7. **The importance of breaks**

Studying relentlessly without breaks can lead to burnout and reduced productivity. Take time out for yourselves. Spend time with friends, go for a walk, engage in outdoor activities, listen to music, or practice meditation. These moments of rejuvenation are essential for maintaining mental clarity and focus.

8. **Set realistic goals and celebrate progress**

Set achievable study goals for each subject. Break down the tasks into manageable chunks, and celebrate your progress along the way. Positive reinforcement boosts motivation and confidence.

9. **Parents and Caregiver provide emotional support and be mindful of stress**

Be a compassionate listener and acknowledge the emotional challenges your teen may face during exam preparation. Encourage open communication and offer guidance in managing stress.