

# Developing Smart Study Skills

Getting the Best Possible Results



# Study Tips

- ▶ Set a regular time to study
- ▶ Remove all distractions
- ▶ Have all the necessary supplies
- ▶ Clear a TABLE in a Quiet place to study



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# Find a Good Place to Study

- ▶ This means a desk with nothing on it except the subject that you are **STUDYING**
- ▶ Have a regular time and place for studying



# Make sure you have the following

- ▶ Solid flat surface for writing
- ▶ Good lighting
- ▶ Chair
- ▶ Books
- ▶ Supplies
- ▶ Clock
- ▶ Drink



# Before you begin studying

- ▶ Eat
- ▶ Break
- ▶ Have a plan
- ▶ Have all the materials for that subject
- ▶ Computer, if necessary



- ▶ Rewrite notes to study
- ▶ Some people like to underline and highlight important ideas and vocabulary
- ▶ Stop looking for excuses NOT to study!!
- ▶ Think about the END goal - your Exam - What will you be doing after it!!!

# Change Habits

- ▶ Form a good listening habit - good listening in class
- ▶ Concentrate on what is going on - try and avoid daydreaming
- ▶ You can not listen if you are talking!!





# Use your time wisely

- ▶ Get a Study Timetable
- ▶ Stick it on the wall over your table
- ▶ Get your exam Timetable and stick it up on the wall
- ▶ Think about 'dead' time - how can you use it more effectively



# Help Each Other

- ▶ Liaise with class mates and see if you can get some notes and swap/share notes
- ▶ Look up websites, ask teachers



# How to get the best possible results

- ▶ KNOW the exam papers
- ▶ Review Mock Papers - spend time doing up these answers again



# Be a Smart Learner

- ▶ The key to study is learning to be a smart learner - exam questions, exam papers!!
- ▶ Using your time effectively - make a timetable
- ▶ Take time to Study



# Brain Foods

- ▶ Choosing the right food and drink will make it easier to concentrate and perform better in exams
- ▶ Everyday
  - ▶ Breakfast                      Fish
  - ▶ Oranges                          Berries
  - ▶ Water                              Raisins
  - ▶ Healthy snacks                  Some treats i.e chocolate/crisps
  - ▶ Eggs                                Cheese



- ▶ During exam weeks
  - ▶ Water
  - ▶ Fresh fruit smoothies
  - ▶ Fresh or dried fruits
  - ▶ Unsalted nuts
  - ▶ Sandwiches
  - ▶ Soup
  - ▶ Yoghurts
  - ▶ Cheese

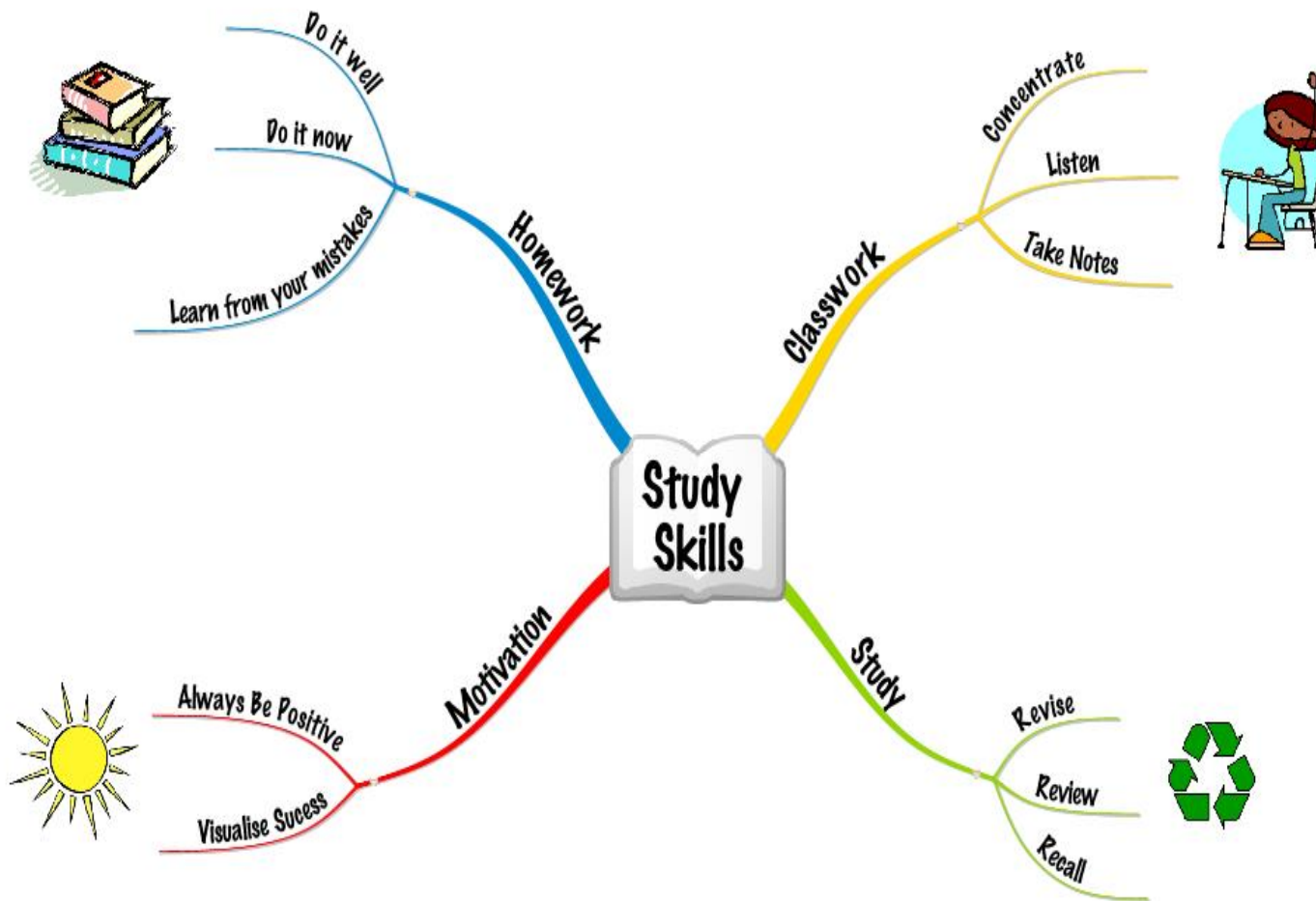


# Day of an Exam

- ▶ Eggs/beans/mushrooms on toast
- ▶ Porridge/muesli/weetabix
- ▶ Bananas, raisins or a fruit smoothie
  
- ▶ Later on try high protein foods
  - ▶ Beans, Meat, Fish, Eggs or Cheese
  - ▶ Vegetables and fruit



# Use a Mind Map





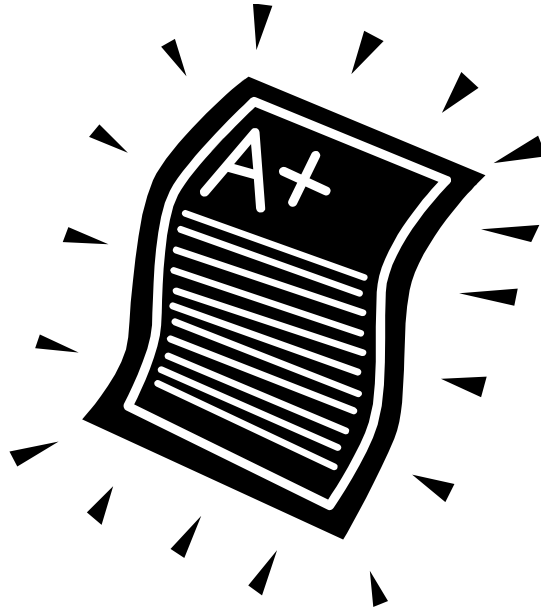
- ▶ Mind maps are good for the Visual learner
- ▶ Can be used in the exam to help you structure your answer



# Keys to Study

- ▶ Time Management
- ▶ Organisation
- ▶ Note taking
- ▶ Concentration

Remember your predicted Results.....



- ▶ What type of a learner are you
  - ▶ Try an online questionnaire
  - ▶ <http://www.vark-learn.com/english/page.asp?p=questionnaire>



Why don't you think.....

