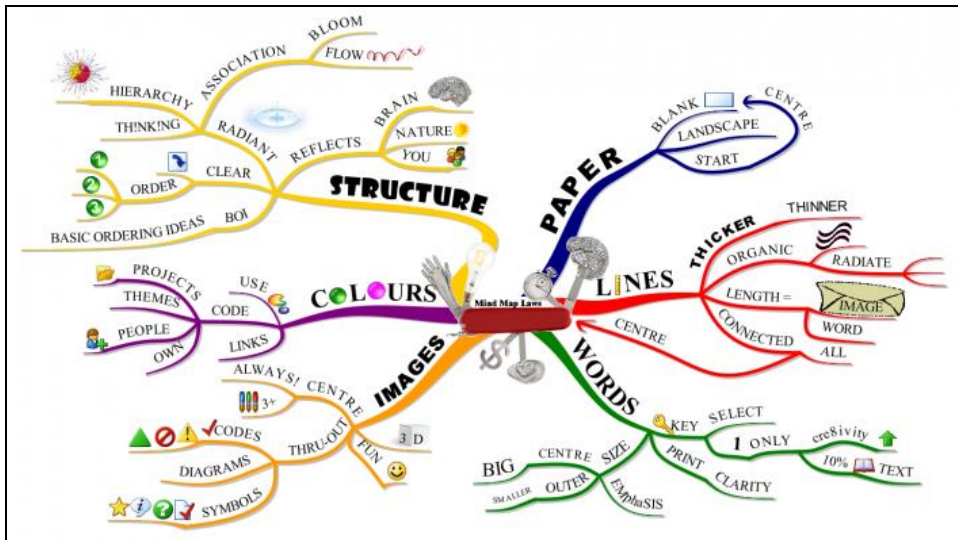


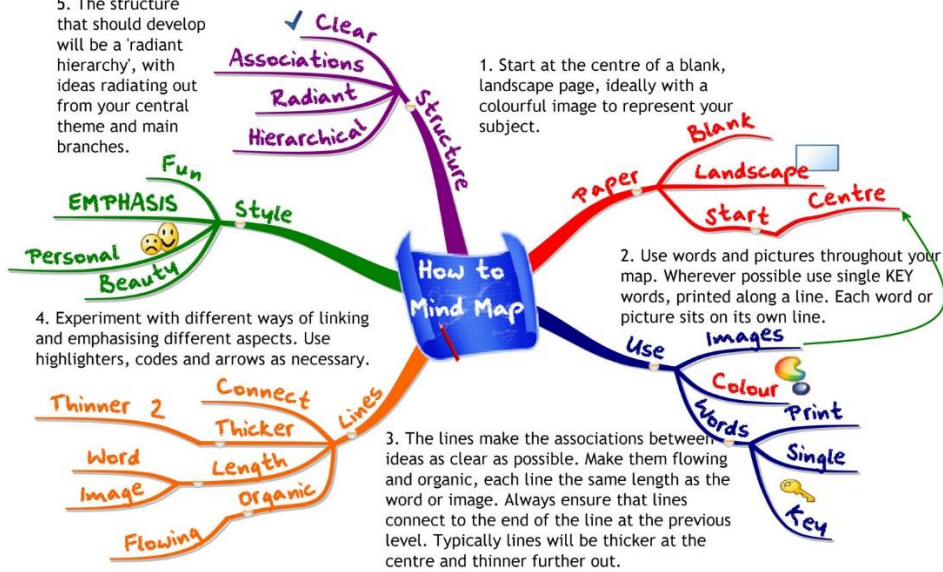
STUDY TIPS

HAVE A STUDY PLAN	<ul style="list-style-type: none"> • Divide the day into blocks of 45 minutes and breaks • Change the topic each 45 minutes • After each block have a break – stretch/ walk a little • In your study plan include all aspects of life: study/ casual work/ meals/ exercise (very important)/ drink lots of water
EXERCISE: Start with some exercise to ‘wake up’ the brain and get the right and left hemispheres talking to each other	<ul style="list-style-type: none"> • Walk, swim, yoga, dancing, any cross over movement
USE ‘BEST’ PART OF THE DAY when you are most energised for most challenging aspects of study	<ul style="list-style-type: none"> • e.g. Best between 9-11am– remember to alternative topics every 45 minutes or less • Do NOT study during the last hour before bed – do something relaxing and sleep inducing. Try not to use technological screens during this hour e.g. mobiles. <p>Sourced: 13.5.15 http://www.sciencedaily.com/releases/2014/12/141222131348.htm</p>
PRACTISE EXAM PAPERS	<ul style="list-style-type: none"> • Practise time management using the appropriate amount of time per question – OK to work up to this time • As approximation 1 mark = 1 minute (ask your teachers as this may vary per subject)
STUDY GROUPS	<ul style="list-style-type: none"> • This is often fun, stimulating and can assist with remembering
VISION BOARDS & SUMMARY SHEETS and pin them up /	<ul style="list-style-type: none"> • Using mind maps (Good resource Tony Buzan) excellent method – more visual the better/ use of symbols & pictures rather than words/ use of differing colours/‘associations’ for remembering
SLEEP	<ul style="list-style-type: none"> • 8-9 hours is ideal for your age group
HEALTHY DIET AND WATER	<ul style="list-style-type: none"> • Maximise fresh food (meat/protein and vegetables) / minimise processed food. Lots of water throughout the day
UNDERSTANDING EMOTIONS	<ul style="list-style-type: none"> • Nerves are normal and helpful for increased alertness • If you are feeling overwhelmed and anxious then book a time with someone at Student Services soon either via the front office or come up at recess or lunchtime when there is drop in • Be –proactive do this now to help develop strategies rather than leaving it until a few days before the exams
‘PREPARING FOR EXAMS’ SUPPORT SESSIONS	<ul style="list-style-type: none"> • Anna Crocker will run 3 sessions on ‘Preparing for Exams’ Wednesdays 20, 27 May & 3 June, 12.40 – 1.15 in the upper waiting room in Student Services.
STUDENT SERVICES INTRANET PAGE	<ul style="list-style-type: none"> • More information is available through this
RELAX & FUN	<ul style="list-style-type: none"> • Friends, mindfulness, sports, music

HOW TO DEVELOP A MIND MAP: -USE COLOUR!!!!



5. The structure that should develop will be a 'radiant hierarchy', with ideas radiating out from your central theme and main branches.



1. Start at the centre of a blank, landscape page, ideally with a colourful image to represent your subject.

2. Use words and pictures throughout your map. Wherever possible use single KEY words, printed along a line. Each word or picture sits on its own line.

3. The lines make the associations between ideas as clear as possible. Make them flowing and organic, each line the same length as the word or image. Always ensure that lines connect to the end of the line at the previous level. Typically lines will be thicker at the centre and thinner further out.

EXAMPLE:

