

There are lots of ways to stay focussed and healthy when studying for exams. The team at Student Services has compiled some great tips and tricks. Try some today.

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, mealtimes, exercise (very important) and don't forget to 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, or 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. (Source: Science Daily)
PRACTISE EXAM PAPERS	<ul style="list-style-type: none"> • Practise time management using the appropriate amount of time per question – and it's 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 is an excellent method – the more visual the better. Use symbols & pictures rather than words. Use of differing colours or 'associations' for remembering. See www.tonybuzan.com for some great ideas.
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) and minimise processed food. Drink 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
RELAX & FUN	<ul style="list-style-type: none"> • Friends, mindfulness, sports, music
STUDENT SERVICES INTRANET PAGE	<ul style="list-style-type: none"> • More information is available here: elizabethcollege.education.tas.edu.au/intranet/student/Pages/Student-Services.aspx

HOW TO DEVELOP A MIND MAP AS A SUMMARY:

