

Study Strategies

The most important thing to remember is that passing exams isn't difficult.....if you have done the work!

The 7 "P's" of Passing

Proper Prior Preparation Prevents Persistently Poor Performance.

There are many strategies you can use to help you in your exam preparation:

- Rote Learning - This is where you repeat the writing out of notes from memory in an attempt to memorize lists, facts and formulas. It is a useful tool, though it won't enhance knowledge depth.
- Acronyms - Where you use the first letter of words to make a word which is easier to remember e.g. ROY G BIV (for the colours of the rainbow). Again this is a useful tool for remembering lists and facts though not depth, but the key words can lead to unlocking the knowledge you have.
- Practice Exams - These can be done at school or at your own home. If they are done at home you must use exam conditions (your folks can help with this). This is good training for both expressing knowledge, and exam timing and conditions.
- Tests/Quizzes - These can be done at school or at home. They can be written or verbal. Students can quiz each other. Students can prepare notes or questions for family to quiz them.
- Reading/Revising Notes - This is one of the most important ways to increase knowledge depth. Don't just rely on one source of information. Use multiple sources which can then be quoted or referred to, or they can support each other should one source be unclear or incomplete.
- Revision Questions - Most subjects have some kind of text or study guide associated with them. Complete all relevant revision questions and exercises, check answers and repeat if necessary.

Passing exams is a matter of being prepared. Being prepared is a matter of studying. Studying is a matter of allocating and using time wisely.

Failing to plan is planning to fail.

Below is a sample study plan. It is very simple and could be modified in anyway to suit your commitments. But understand that "Study" is a commitment. If you use a study block for something else then it must be repaid at some other time. Also it must suit your strengths and weaknesses. If you are a morning person then perhaps an hour in the morning from 6-7 am would suit more than night time study. If you have a special event coming up then plan ahead to use some other time to catch up.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8 am	School	School	School	School	School	Sleep	Sleep
8-10 am	School	School	School	School	School	Free	Chores
10-12 am	School	School	School	School	School	Free	Study PE
12-2 pm	School	School	School	School	School	Free	Lunch
2-4 pm	School	School	School	School	School	Free	Study Revision
4-6 pm	English	Sport Training/ Exercise	Maths	Sport Training/ Exercise	Science	Free	Free
6-8 pm	Free/Tea	Free/Tea	Free/Tea	Free/Tea	Free/ Tea	Free	Free/Tea
8-10 pm	Free/ Revise	Psych	Free/ Revise	Art	Free/ Revise	Free	Free/Sleep
10-12pm	Sleep	Sleep	Sleep	Sleep	Sleep	Free	Sleep

Study Tips:

- Don't pile up all of your notes/books etc on your desk. Only have on your desk what you are working on at the time. Piles of work are depressing to look at.
- Diet - Ensure you have a well balance regular diet. Don't skip meals and avoid junk/fast food. Use brain food snacks to keep you going. Avoid high GI foods with lots of simple sugars and caffeine as they will result in energy spikes and deep lows. Caffeine will also interfere with sleep patterns.
- Sleep - Keep sleep patterns regular. Make use of fatigue waves; that is when you have had enough and it's time for bed, don't work through it. You will benefit more from the extra hours sleep than the extra hours late study as you will be too tired for the study to be of benefit. Try not to break sleep throughout the night and avoid sleeping in. Recover sleep loss with a nap at some stage rather than a long sleep in which will interrupt regular sleep patterns.
- Exercise - Ensure you get regular exercise. This can be your local sports training, visits to the gym, swimming or just brisk walks. Exercise is an important strategy in lowering stress levels, increasing blood flow and oxygen levels in the brain, maintaining sleep patterns and of course general fitness. All of which benefit study plans
- Breaks - Take regular breaks in your study approximately every 45 minutes. This can be an opportunity for brain food snacks or short exercises such as stretches or walks. This will help keep you fresh during study.
- Music - Most students use music as a study aid. This is fine but avoid music that is too loud, too fast or too distracting. Research indicates that baroque/classical/instrumental music is of most benefit to brain wave function.
- DON'T PANIC (You'll be fine)