## 10 Simple Study Tips for Success



Start Organized: Designate a distraction-free study space (put your phone on silent). Use a weekly planner to allocate school, study time, and ensure time for rest and play!



Set a Timer: Allocate specific work and rest periods. For example, study for 45 minutes, then take a break to stretch, grab water, or enjoy a healthy snack.



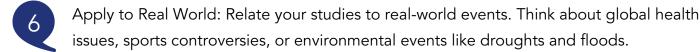
Start with Key Terms: Focus on key words from your study design, textbooks, or teacher. Use cue cards or digital platforms like Quizlet to reinforce your understanding.



Understand Command Terms: Learn the differences between terms like "explain" and "describe". Know what to include when questions ask you to compare/contrast. Refer to the VCAA command terms glossary for clarity.



Study with a Friend: Schedule weekly sessions with a friend, in-person or online. Quiz each other or discuss key concepts to reinforce your knowledge.





Practice Past Exams: Use past exam papers to practice. Focus on data interpretation, underlining key terms, and highlighting command terms.



Review Examiners' Reports: Understand how previous students answered questions and learn from their successes and mistakes.



Ask Questions: There are no silly questions! Use your teachers, peers, or resources like ACHPER to clarify your understanding. If you're confused, others likely are too. Be brave and ask!



Take Care of Yourself: Exercise, eat well, sleep well, and be kind to yourself. Self-care helps you process information and maintain a healthy study-life balance.