

# 10 Simple Study Tips for Success

- 1** 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!
- 2** 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.
- 3** 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.
- 4** 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.
- 5** 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.
- 6** Apply to Real World: Relate your studies to real-world events. Think about global health issues, sports controversies, or environmental events like droughts and floods.
- 7** Practice Past Exams: Use past exam papers to practice. Focus on data interpretation, underlining key terms, and highlighting command terms.
- 8** Review Examiners' Reports: Understand how previous students answered questions and learn from their successes and mistakes.
- 9** 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!
- 10** 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.