

27 Study Tips for Success



- ★ Use lots of colour
- ★ Drink 6 – 8 glasses of water a day
- ★ Study the information I don't know
- ★ Learn only three or four things at one time
- ★ Make my information stand out



- ★ Talk about my information as much as possible
- ★ Move around while learning
- ★ Do exam aerobics
- ★ Wear comfortable clothing



- ★ Organize my materials before I study
- ★ Study at my best thinking time
- ★ Practice old exam papers
- ★ Study with low lighting
- ★ Study to music without words



- ★ Put all my important information up high
- ★ Visualise my success
- ★ Say affirmations daily
- ★ Create real life examples



- ★ Study my most important information first
- ★ Study my most important information last
- ★ Study for 20 minutes and take a 5 minute break
- ★ Read key words
- ★ Review my notes often



- ★ Eat small healthy snacks through the day
- ★ Check my physiology
- ★ Three words to avoid are: don't, try, & can't
- ★ Get lots of sleep

