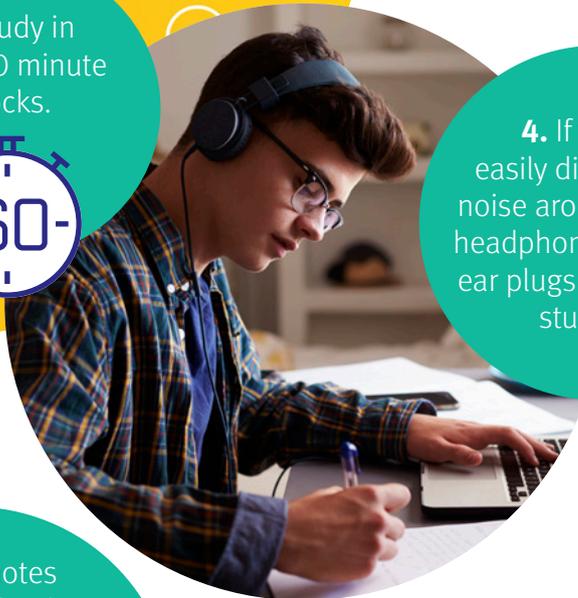


9 quick study tips for senior students

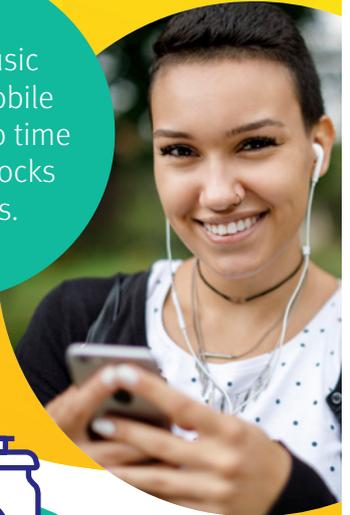
1. Schedule in regular breaks – just like other parts of your body, your brain can only work effectively for so long ... get up and walk around to physically and mentally distance yourself from your computer and books while you take time out!¹

3. Study in 45 – 60 minute blocks.



4. If you are easily distracted by noise around you, put headphones on or use ear plugs while you're studying.

2. Use a music playlist or mobile phone timer to time your study blocks and breaks.



5. Stay hydrated!

6. Switch your phone to flight mode and only check it during scheduled breaks.



7. Write notes out by hand rather than typing them – this may sound like an old-school approach but research shows this helps you to learn effectively!²



8. Talk out loud – this is the best way to remember and learn what you are studying.³

9. Write key points and important bits of information on sticky notes and post them around the house.

For more tips to help get the most out of your studies see our 12 ways to look after your wellbeing during your senior assessment fact sheet.

¹ Ariga, Atsunori & Lleras, Alejandro. (2011). Brief and rare mental “breaks” keep you focused: Deactivation and reactivation of task goals preempt vigilance decrements. *Cognition*. 118. 439-443. 10.1016/j.cognition.2010.12.007.
² The University of Stavanger. (2011, January 24). Better learning through handwriting. *ScienceDaily*. Retrieved July 20, 2020 from www.sciencedaily.com/releases/2011/01/110119095458.htm.

³ Noah D. Forrin, Colin M. MacLeod. This time it's personal: the memory benefit of hearing oneself. *Memory*, 2017; 1 DOI: 10.1080/09658211.2017.1383434.

