

Study Smarter, Not Harder

STUDYING IS THE PROCESS OF REMEMBERING AND APPLYING WHAT YOU HAVE ALREADY LEARNT

When we study we strengthen our neural pathways (memories) to ensure we can apply what we have learnt in class. **Studying is not making summary notes or palm cards.** This is preparing for study and should be an ongoing process throughout each term.

STEP 1: INTEND TO REMEMBER AND LEARN

Your frame of mind before studying is crucial. If you don't actively plan to remember something, you will not remember it very well.



STEP 2: LEARN ACTIVELY – READ IT, WRITE IT, SEE IT, SAY IT, DO IT!



Summary Notes: Read your notes through twice without making new notes. Then cover your notes and write down everything you remember. Read through your notes again and complete practice questions. *Research shows the most successful students are those who complete a range of practice exam questions.*



Palm Cards: Use palm cards in 10–15 minutes blocks. Read your cards and say the answers aloud. Saying things aloud strengthens our neural pathways. Be sure to include definitions, statistics, dates, Q&A and formulas.



Teach Someone: Teach a parent or friend a topic you find difficult. Explaining a concept will help you remember and understand it.

Practice Questions: These are the most important element to success in a test or exam as you must apply what you know. Aim to become very comfortable answering exam and test questions.

Take Regular Breaks: Relaxing for 15 minutes between study sessions will give your brain time to rejuvenate and retain information.



Time Management: Be consistent with each subject in your study blocks. Make sure you rotate through your subjects, covering 2–3 each night, to avoid unnecessary stress in the week before exams.