

## **Study Hints for Senior Students**

Every person needs to study in a way which suits them. Research, however, shows that people who study the way they will sit for an exam gain higher marks than those who lie on the lounge in front of the television.

### **Creating a Study Environment**

Setting up a study area will help you get into the “study habit”. If you always work in this one place your brain will switch to “study mode”. As soon as you sit down you will activate your ability to concentrate.

Put into place:

1. A quiet place away from distractions such as the telephone, television, family activities etc is essential.
2. Fresh air and good ventilation as the brain needs oxygen.
3. Good lighting. Natural light is best but not always possible, a good desk lamp (best not to be fluorescent as it can affect people prone to epilepsy) with no shadows over work.
4. A large desk with storage close by such as bookshelves, drawers for stationery, reference materials so you don't need to get up all the time to get what you need.
5. A good chair suitably matched to the height of the desk is important for your comfort, after all you are planning to spend a lot of time studying.
6. It is a good idea to have a noticeboard where timetables, notes, encouraging Bible verses, memory aids etc. can be placed.

*Keep it equipped – keep it tidy – keep using it!*

### **Hints For Effective Study**

1. Use study tools: coloured folders, dividers, coloured pens.
2. Determine how long you should study each day. Never study for longer than one and a half hours at a time without a break. When you have a break be careful what you do.
3. Summarise your work each afternoon after school. Always date your work and note who taught you. If you put summaries in your own words you are more likely to remember them.
4. It's a good idea to start with your least favourite subject first. Avoid studying similar subjects one after the other, try to study similar subjects at separate times.
5. Study according to your particular learning style. Eg. If you are a visual learner have lots of visual clues around your room such as maths formulas, quotes from texts, historical source material etc. If you learn best aurally ask a family member to put key things on tape such as a character profile, a list of scientific definitions or dates, laws and acts for Legal Studies. If you are a kinaesthetic learner make

models to illustrate points, use concrete materials such as pipe cleaners to represent maths formulas.

6. Make sure you have an outlet such as a sport in order to keep fit. Regular exercise is important to both physical and mental health.
7. Learn how to summarise and take notes effectively:
  - a. Date your work and put the person's name who taught you.
  - b. Use headings and sub-headings.
  - c. Always put points in priority order.
  - d. Outline or underline key points.
  - e. Use a red pen for all definitions.
  - f. Always put points in your own words.
  - g. Know common abbreviations but always write fully first time.
  - h. Avoid using highlighters as they distract the reader.
  - i. Store summary notes in folders chronologically and regularly update. Throw away superseded notes.
8. If possible don't have a job. Speak to your parents like an adult discussing your goals and ambitions and seeking their help. Try and negotiate any responsibilities you have at home, the whole family needs to be supportive. Remember it is only for a short time.
9. Take control of your own learning. Set realistic short and long term goals, write them down, make sure you evaluate them regularly.
10. It is very difficult to get motivated if you haven't a clue what you are going to do with your life. Seek advice from qualified people who can help you and seek God's guidance and direction through prayer and reading His Word.

Below you will see some things which may enhance your study experience and those which will distract or prevent effective study.

<u>Switch Ons</u>	<u>Switch Offs</u>
<ul style="list-style-type: none"> <li>• fresh air</li> <li>• pleasing odours</li> <li>• natural lighting</li> <li>• pleasing colours</li> <li>• good food</li> <li>• sleep</li> <li>• water</li> <li>• exercise</li> <li>• natural fibres</li> <li>• brain gym</li> <li>• relaxation</li> <li>• slow music</li> </ul>	<ul style="list-style-type: none"> <li>• stuffy rooms</li> <li>• solvents</li> <li>• shock, trauma</li> <li>• physical and emotional stress</li> <li>• transmission lines</li> <li>• hunger</li> <li>• smoking</li> <li>• some fluorescent lights</li> <li>• fast music</li> <li>• trying hard</li> <li>• computer screens</li> <li>• lack of water</li> </ul>