

# Effective Study Tips for Academic Success



Maximise Your Learning Potential  
**Study Smart, Achieve More!**

GILROY SANTA MARIA  
— COLLEGE —

To help students excel in their exam preparation, here are some hints and tips for best study practices:

- **Create a study schedule and stick to it consistently.**
  - Students can utilise a white board on the wall of their bedroom so they can update this with exactly what they intend to study during the week and aid as a reminder/commitment to their plan.
  - Remember to not make each study session too long. If you're using the Pomodoro method, take a 5-minute break for every 25 minutes. However, if you have spent 2 hours working, make sure to take a 20-30 minute break. Might be worth setting a timer during your study break.
  - Remember to schedule in study breaks!
- **Review class notes regularly and consolidate key concepts.**
  - Ensure you are revising from the syllabus so that all information is being covered.
- **Utilise past exam papers and practice questions to test your understanding.**
  - Practice these exam papers under exam conditions - NO MUSIC and in silence, with the same time constraints.
  - Maybe do the test paper at the same time of the day as the external exam to get used to the timing.
- **Seek feedback from teachers and peers to identify areas for improvement.**
  - Remember that teachers will be available during students' normal allocated class time during the external exam period up until the day of the exam for students to come to school and participate in intensive study sessions.
- **Stay organised and manage your time effectively during study sessions.**
  - By sticking to your schedule, you are able to enjoy 'downtime' away from study.
  - Turn off your mobile device and ensure it is out of the room you are studying in.
- **Prioritise self-care and well-being to maintain a healthy balance during exam preparation.**
  - Ensure you have a reasonable sleep routine and are eating healthy.
  - Some people like to have the same breakfast on the morning of an exam to ensure there is a familiar routine.

