

ALPHA RESOURCES

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STUDY *RIGHT*

8 TIPS FROM A 99.5 ATAR GRADUATE

1. *Study to the syllabus*

Whilst this point is most relevant to those in upper years, this is applicable to everyone. More often than not your teacher will give you a syllabus for each unit, or for the whole semester or unit. If you're in ATAR, you can find the syllabi for your courses online. You can and *will* be examined on what is in these syllabi, and on nothing else. If you know everything within these, then you know everything you need to. They're really just cheat sheets anyone can access. I would create charts of the dot points in these syllabi listing what I'm confident with, and what I need to study.

2. *Know yourself*

If you've done it right, the years of schooling leading up to where you are now should have helped you learn how it is you study best. If not, then now's the time to learn. No advice I or any teacher or parent gives is nearly as valuable as your own study experience, as long as you're willing to fix your previous mistakes and improve your own technique. Some people find mind-maps helpful, while they make me sick. I found old school look-cover-check palm cards helpful, while many others don't. Know yourself.

3. *Practice*

No matter what you're studying, practice is going to help. I've always found that simply writing and reading notes sends me to Snoozeville, so doing practice questions, essays and so on is infinitely more helpful. Use textbooks, use questions the teacher's given you, use any available online tools, and most definitely use as many practice papers as you can get your hands on.

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4. Use diaries/ online calendars

Whether it's a diary, an online calendar or any other method of keeping up to date, be sure to commit to it and use it to write down tasks as soon as you get them, and check this every night. I used to use a diary which had space to write daily tasks, but now I use an online calendar. As long as you can access it at school and at home, it's cool beans. While I also used a wall-hanging calendar to write assessment dates, this shouldn't be your primary tool, as you can't write down due dates or homework as soon as you get them, so you'll probs forget.

5. *Treat yourself girl, you deserve it*

If you manage to meet your goals by the end of your study period, give yourself a reward. This could be a choccy milk, a game of FIFA before bed, or just 12 minutes of contemplative silence. Similarly, if you're on track to reaching your goals and are proud of not checking your news feed for 2 straight hours, take a break. Don't let your whole day become a study break.

6. *Set sequential goals*

Every day that you plan to study, write a list of tasks to be completed before you finish. Write these in the order you plan to complete them, which should coincide with the order of their priority, with the most important first. Be realistic with your time- if you don't have time to finish the last 2 tasks then, if you're like me, you'll skip doing the last 4. This also allows you to not rush and do a bad job.

7. *Limit your access to distractions*

Don't allow yourself to access anything that will distract you whilst studying. This includes anything to fidget with other than a pen, as well as your phone and of course social media. Log out of Facebook, and stay logged out.

8. *Create a study space*

Find a place to dedicate to study. Whether it's your bedroom desk, an end of your kitchen table, or your local library, create a niche where you will spend your time studying and nothing else. Soon you will get used to remaining focused in this space. Mine was a desk in my family's office.

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