

Study Tips by Yanica Camilleri

WE ALL WORK IN A DIFFERENT WAY, JUST BECAUSE WHAT IS MENTIONED DOES NOT WORK FOR YOU, DOES NOT MEAN YOU ARE DOING IT WRONG. FIND YOUR WAY, DO IT YOUR WAY, AS LONG AS YOU ACE AND CONQUER.

TIP 1 - TO DO LIST.

When doing an assignment or studying for an exam try to make a realistic to do list.

Don't do - Don't list down assignment 1, assignment 2, study maths, study English

Do - Breakdown the work you have to do so it would be easier not to get lost. For example: introduction (put a box to tick next to it), paragraph 1, paragraph 2, and conclusion. Sometimes it also helps to write what to mention in each paragraph. Works as well when studying, for example, Maltese poems, the name of the poem and what you wish to learn from it (rhythm, rhyme, meaning, figures of speech, summary)

Perks - you can see yourself ticking the boxes and getting things done faster and easier.

TIP 2 - ORGANISE YOUR WORK STATION

Clean desk before starting.

Make sure that all your notes are in the right place and that you have everything you need.

When tied with time this would not always be possible especially with the cleaning and clearing your desk, therefore, always make sure you have all your needed notes in place.

TIP 3 - COLOURFUL AND ATTRACTIVE THINGS

Having attractive things such as nice pens and diaries tend to motivate me more as I enjoy working with them.

Another motivation is seeing all the study pictures on Instagram or Pinterest which make me want to do similar things.

When writing down notes make sure to use colourful markers and pens especially for keywords you wish to remember, as colour coded things help us to memorise stuff more.

For example: Yellow = keywords, Green = definition, Red = need to focus on, Blue = understood it.

TIP 4 - FIND YOUR TIME

Know yourself and your brain. Test yourself and see what is the time where you are mostly aware and can function the most.

Most of the time there are 4 categories (times are not accurate)

Morning person - 6am - 11am

Afternoon - 12:00pm- 5pm

Evening - 5pm - 10pm

Night - 12am - 5am

TIP 5 - SPECIFY YOUR TIME AND TIMETABLE

Let your family and peers know the time you will be studying so as not to disturb you.

For example: "Today between 4pm and 6pm I will be unavailable."

Give yourself the exact time, so if the plan was to study till 6pm, stop exactly at 6pm and do not outdo yourself.

TIP 6 - REALISTIC BREAKS

Don't drain yourself. Give yourself realistic breaks.

What I find helpful is taking frequent short breaks as this helps me to constantly refresh my mind.

15-minutes study - 5-minute break

30-minutes study - 10-minutes break

45-minutes study - 15-minutes break

1-hour study - 25-minutes break

After finishing something give yourself a 30/45 minute break.

This all depends on what your focus span is, ideally do 30 minutes of studying at a stretch. If you don't manage to focus for 30 minutes then do 15, and try not to exceed an hour of study time without a break as that might be too draining and you will risk not understanding what you are studying.

TIP 7 - TREAT YOURSELF

This is another method which is similar and works hand in hand with tip 6.

After each topic or chapter, you have to cover, reward yourself with something you really like such as a piece of chocolate; as this will motivate you to finish the chapter.

Do not - rush through the chapter to have your treat, still take the breaks you need and do it at your own pace.

TIP 8 - REMOVE DISTRACTIONS

Remove anything that you think might distract you from studying.

Turn off the Wi-Fi from your phone, put it on silent, and place it somewhere that is not visible to you.

Why - if we have our phone next to us we tend to turn it on and look at it even if it did not ring or if we have nothing to do on it.

If you do not need your laptop, remove it from your sight, if you need it, download the material you are going to use and switch off the Wi-Fi so it does not distract you.

TIP 9 - SHORT NOTES.

Write short notes, in your own words and in the language you understand best.

If the notes are in bullet form they will be easier to remember.

Sometimes going for bullet form notes immediately is hard. So first read what you need and write them down in short phrases and in words you understand. Closer to the day of your exam, re-do your short notes this time in bullet form.

For example: Malta is a very small country and in the past during the war it used to play a very important role for ships to be able to stop and get fuel. This made Malta very targeted during the war. Sometimes we can still feel its effect as we tend to face a

lot of immigrants as it is the first island they encounter in the Mediterranean.

Short note - small country and in the middle, used as a pit stop to give fuel therefore it was targeted. We feel this effect today, first island the immigrants come across.

Bullet form - Small and centre - War and fuel - Immigrants.

TIP 10 - MAKE SENSE OF WHAT YOU'RE STUDYING.

Do not study everything by heart and depend on your memory.

When studying try to make sense out of what you need to remember and make sure you are understanding it and comes as common sense to you.

Connect what you're studying to an event that shocked or wowed you so you are able to remember that event and remember its connection.

For example - Why was Malta important during the war?

- Malta = small island in the in the middle of the Mediterranean. Ships need gas and coal to move. Malta could be used as a source since it in the middle and even if some repairs needed to be done.

CONTACT ME FOR MORE STUDY TIPS

other tips might include the following:

- Past papers
- Silence / music
- Scented candles / rocks
- Home or coffee shops

- Laptop / printed papers
- Teaching your notes / speaking them out loud
- Using flash cards
- Study buddy / solo
- The type of lights you're studying under
- Drink water (not coffee or tea)
- Clothes while studying
- Reliable sources when studying and get stuck