

## Study tips #2

*WE ALL WORK IN DIFFERENT WAYS, 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 11 - PAST PAPERS.

Practice makes perfect.

When studying for a particular exam, it is really important to look at past papers and to be aware of what could come out in the exam.

Apart from that, the exam usually consists of the same topics and same structure so it would be helpful to look at them and familiarise yourself with it.

You can also try to work it out and those questions which you do not manage to work out, this will show you which area of the subject you should focus most on.

You can also use the past papers to time yourself to complete the exam on time.

### TIP 12 - SILENCE / MUSIC

Our surroundings make a lot of difference when studying.

Some people prefer to work in silence.

Others prepare to have some type of music to be able to concentrate.

This is all depending on the individual and how their brain is able to concentrate better.

Suggestion - if you concentrate better with music, I do not suggest listening to songs with a lot of different beats and lyrics, but something more simple and relaxing so that one can concentrate better on the task rather than the music.

### TIP 13 - SCENTED CANDLES / RELAXING ENVIRONMENT.

As stated before the environment we work in makes a lot of difference when trying to concentrate and study.

Having scented candles or essential oils can help making the environment become more relaxing.

### TIP 14 - ENVIRONMENT

Not everyone has a quiet place at home to be able to focus and study, this does not mean that you cannot find a way to still manage to get things done.

You can try finding a local café where it is quiet and you will be able to work there.

Another place you can go study is near the beach or somewhere in a green area.

If you are unable to do so, you can try using headphones at home to block any outside noise and try using a room which not a lot of people use such as the bathroom or the laundry room.

### TIP 15 - LAPTOP / PRINTED NOTES.

The notes should be kept according to how you work best.

Some prefer to work on the laptop and have everything on it, with different folders and files to organise, highlight and add notes online.

Whilst others still prefer to print the papers and highlight and add notes to the paper in handwriting.

If you can work on both I suggest using the laptop / tablet for different reasons. 1. Use less paper, help the environment. 2. Have all the notes with you wherever you go and you would be able to start something else when finishing something without the risk of leaving notes at home.

### TIP 16 - TEACHING OTHERS YOUR OWN NOTES.

Another way to study is to "teach" others or by saying them out loud, pretending you are teaching them.

This way you need to understand the context and paraphrase in easier ways to teach it.

When "speaking" things out loud we tend to remember them more than just reading things in our head.

## TIP 17 - FLASHCARDS

Flash cards, could be a good way to remember certain keywords we have to remember by heart.

On one side of the card one just writes the key word for example - "Globalization". On the other side of the flashcard, one can write a brief explanation of what the word means, for example - *"Globalization is the connection of different parts of the world resulting in the expansion of international cultural, economic, and political activities. It is the movement and integration of goods and people among different countries"*.

When you're studying you see the keyword and try to remember what the meaning is, then turn the card around to check if you were correct.

## TIP 18 - STUDY BUDDY / SOLO

Some people study better when they are with other people to be able to share the notes, to help each other out and support/encourage each other.

Others tend to get more distracted or scared that if they are with someone they will end up having a conversation instead of studying and therefore prefer to work on their own.

## TIP 19 - LIGHT

The type of light one studies under also plays a very important part.

You should not only rely on the light from the laptop as this tends to make our eyes more tired. It is important to have a lamp one as well so the room is lit up and you do not rely only from the laptop.

It is also helpful to study under a yellow light rather than a white light as the white light tends to cause headache more than yellow light which we are more used to because of the sun.

### TIP 20 - RELIABLE SOURCES.

Sometimes when you are studying, we do not understand the notes we have written ourselves or even the notes given by the teachers.

Therefore, you need to do research on your own or ask for help.

It is important that you obtain information from a reliable source. It can mean moving away from the internet by asking a friend, a teacher or even a youth worker. These might be able to help out.

### OTHER TIPS MIGHT INCLUDE THE FOLLOWING

Drink water (not coffee or tea) - To hydrate yourself, your mind functions better when you refresh with water.

Clothes while studying - wear something comfortable not something which irritates you as that might distract you.

**\*\*\*THE END\*\*\***