

Developing Smart Study Skills

Getting the Best Possible Results

Study Tips

- Set a regular time to study
- Remove all distractions
- Have all the necessary supplies
- Clear a TABLE in a Quiet place to study

Find a Good Place to Study

- This means a desk with nothing on it except the subject that you are **STUDYING**
- Have a regular time and place for studying

Make sure you have the following

- Solid flat surface for writing
- Good lighting
- Chair
- Books
- Supplies
- Clock
- Drink

Before you begin studying

- Eat
- Break
- Have a plan
- Have all the materials for that subject
- Computer, if necessary

- Rewrite notes to study
- Some people like to underline and highlight important ideas and vocabulary
- Stop looking for excuses NOT to study!!
- Think about the END goal – your Exam – What will you be doing after it!!!

Change Habits

- Form a good listening habit – good listening in class
- Concentrate on what is going on – try and avoid daydreaming
- You can not listen if you are talking!!

Use your time wisely

- Get a Study Timetable
- Stick it on the wall over your table
- Get your exam Timetable and stick it up on the wall
- Think about 'dead' time – how can you use it more effectively

Help Each Other

- Liaise with class mates and see if you can get some notes and swap/share notes
- Look up websites, ask teachers

How to get the best possible results

- KNOW the exam papers
- Review Mock Papers – spend time doing up these answers again

Be a Smart Learner

- The key to study is learning to be a smart learner – exam questions, exam papers!!
- Using your time effectively – make a timetable
- Take time to Study

Brain Foods

- Choosing the right food and drink will make it easier to concentrate and perform better in exams

- Everyday

- | | |
|------------------|----------------------------------|
| ● Breakfast | Fish |
| ● Oranges | Berries |
| ● Water | Raisins |
| ● Healthy snacks | Some treats i.e chocolate/crisps |
| ● Eggs | Cheese |

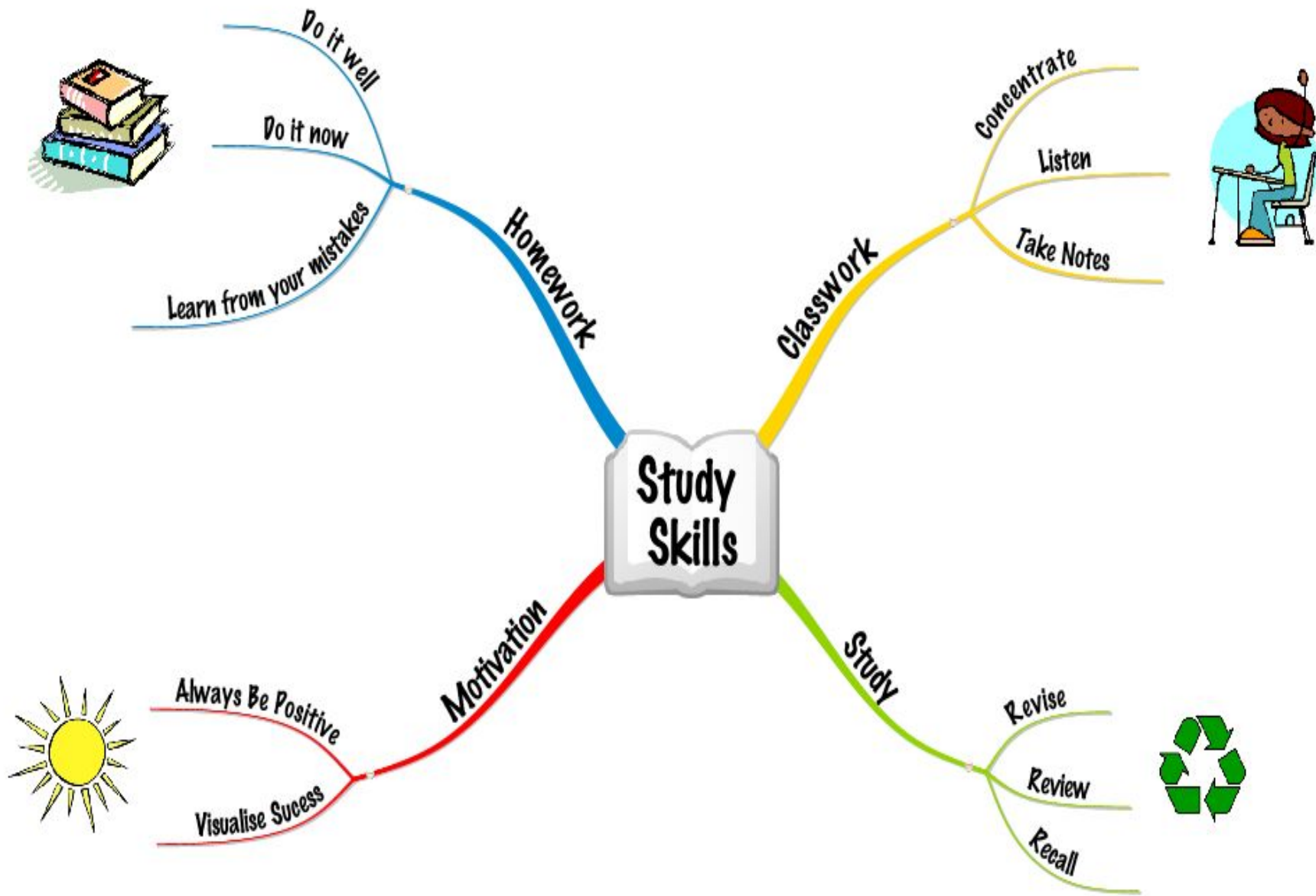
- During exam weeks
 - Water
 - Fresh fruit smoothies
 - Fresh or dried fruits
 - Unsalted nuts
 - Sandwiches
 - Soup
 - Yoghurts
 - Cheese

Day of an Exam

- Eggs/beans/mushrooms on toast
- Porridge/muesli/weetabix
- Bananas, raisins or a fruit smoothie

- Later on try high protein foods
 - Beans, Meat, Fish, Eggs or Cheese
 - Vegetables and fruit

Use a Mind Map

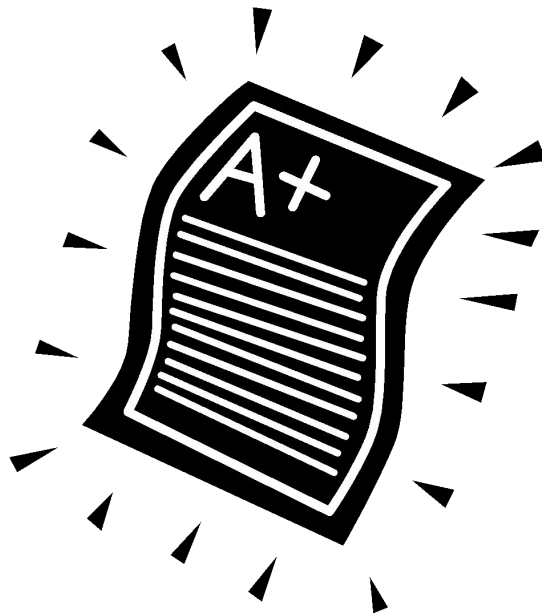


- Mind maps are good for connecting your knowledge and deepening understanding. The brain remembers a visual differently than written and both together enhance retention of the content
- Can be used in the exam to help you structure your answer

Keys to Study

- Time Management
- Organisation
- Note taking
- Concentration

Remember your predicted Results.....



Some links that may help...

- For English

- www.sparknotes.com
- www.cliffnotes.com/WileyCDA/

- For Irish

- www.focal.ie/Home.aspx

- In general

- www.skool.ie
- www.examinations.ie

Why don't you think.....



- <http://www.youtube.com/watch?v=SbJli6nUs2s>