

# STUDY STRATEGIES

# guide

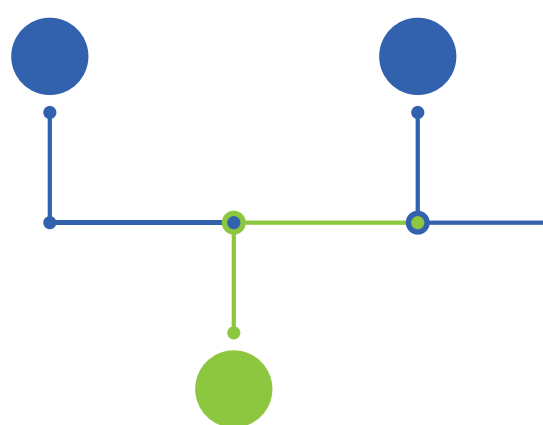


## Get Visual

Use your creativity to make visual study notes. This might include mind maps, flowcharts and diagrams to represent processes and ideas in subjects like Science, Maths and English.

## Space it Out

Spacing is the opposite of cramming! Instead of doing one 5-hour study session the day before your exam, it is more effective to have many small study sessions in the weeks leading up to your exam.



## Study Buddy

We can lose motivation, especially when we don't have anyone holding us accountable. Find a study buddy to meet up with each week or maybe once a month to review notes, share ideas and cheer each other on.

## Be the Teacher

Teaching is learning! A great way to solidify your learning is to teach someone else what you know because it requires you to explain what you know out loud. It also highlights the things you don't know and might need to study further.



## Pomodoro

Study for 25 minutes and then have a 5-minute break. Study again for 25 minutes and so on. Once you've completed 4 rounds, take a longer break. It's a great routine to get the most out of your brain!