



# TOP TIPS TO STUDY EFFECTIVELY

## **Find a revision style that works for you:**

Try working with friends, utilise study apps and online revision activities, and figure out which tools you need to help you study.

## **Do some wider reading on your subject area:**

You can use other sources such as documentaries or YouTube videos to help you to make your revision more interesting!

## **Get plenty of sleep:**

Your brain is still working whilst you sleep; processing memories and resting your body to help you be productive the next day!

## **Create a schedule:**

This will help you moderate the time you spend studying in balance with your hobbies and keep on track of what you need to do!

## **Take regular breaks:**

You don't need to study every minute of every day, taking breaks will help your brain to process the information it is learning.

## **Find a comfortable study space:**

You will spend a lot of time here, so make sure you're able to create the environment you need to be productive.

## **Remove Distractions:**

Figure out what distracts you and try and remove them for a while. If it is your phone, try turning notifications off for a while!

