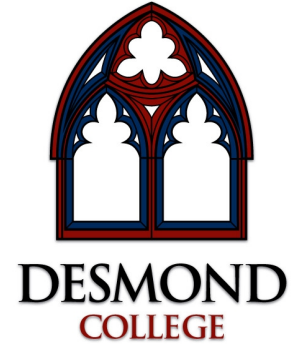


DESMOND  
COLLEGE

# 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

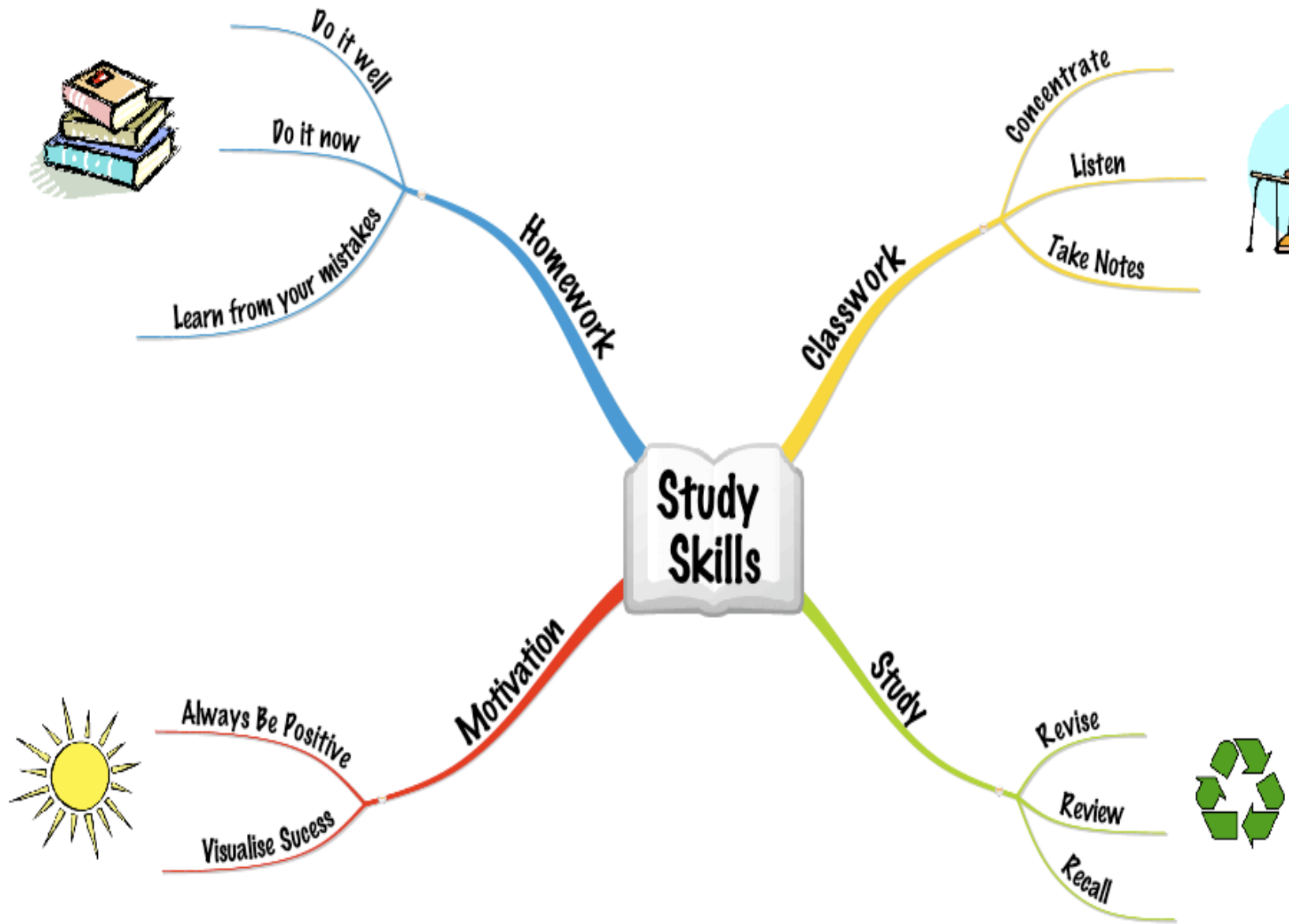
- Choosing the right food and drink will make it easier to concentrate and perform better in exams
- **Everyday**
  - Breakfast
  - Oranges
  - Water
  - Healthy snacks
  - Eggs
- Fish
- Berries
- Raisins
- Some treats i.e chocolate/crisps
- Cheese

- 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



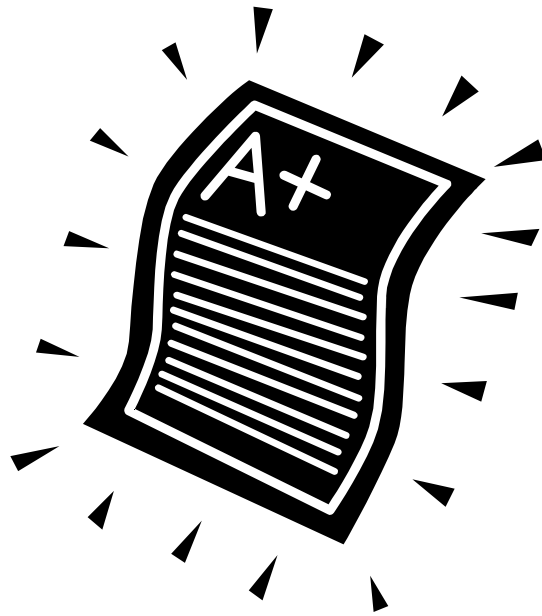
- Mind maps are good for the Visual learner
- Can be used in the exam to help you structure your answer



# Keys to Study

- Time Management
- Organisation
- Note taking
- Concentration

Remember your predicted Results.....



Why don't you think.....

