



Study and Exam Success

3RD YEAR PARENTS
7TH OCTOBER 2015.

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Basics for Good Study

- ▶ Desk/Chair - in quiet room.
- ▶ Good Lighting/Heat /Ventilation.
- ▶ Organised materials ,books and notes.
- ▶ Remove distractions - TV, Noise, Phone(Texting/Facebook).
- ▶ Control interruptions.
- ▶ Good routine - same time, same place every day

Distractions

- ▶ Mobile Phone - Texting/ Facebook - 'thief of your precious time'
TURN OFF PHONE WHEN STUDYING
or leave phone in another room on SILENT!
- ▶ Television
- ▶ Noise
- ▶ Siblings
- ▶ Interruptions
- ▶ Other

Remove distractions and focus on your study plan.

STUDY.....

- ▶ Revise today's classwork
- ▶ Homework - written and oral
- ▶ Revise some 'old ' chapters.
- ▶ Complete chapter notes.

2 hours study per night(minimum) every night –
(take one night off!)

(40 mins study-10 minute break - repeat 3 times)

- ▶ Weekends- revise week's classwork/Study Notes/Revise Chapters.

Stress

- ▶ Minimise stress
- ▶ Eat well
- ▶ Exercise (Sports/Walk)
- ▶ Relax (Friends/Social)
- ▶ SLEEP
- ▶ Stop studying at least 2 hours before normal sleep time.

AIM for Balance.....help them to plan a routine to balance study and relaxing time effectively.

.....studying too much?

.....not studying enough?

TIME to WORK....REST ...PLAY.

What does the student need?

- ▶ Food /Sleep/Exercise
- ▶ Good routine (same time/same place every day)
- ▶ Good attendance – attend school every day.
- ▶ Emotional Support
- ▶ Believe in their capability
- ▶ Acknowledge their efforts
- ▶ Support , Praise and Encouragement
- ▶ Realistic expectations
- ▶ Firm kind approach if not working to their potential...

Finally..

- ▶ Mind yourself so you can mind them
- ▶ If you are calm ..so are they.
- ▶ Ask them what you can do to support them.
- ▶ Help them to stay positive
- ▶ Look out for signs of anxiety and stress.
- ▶ Always be supportive and motivate them to do their best.

Good mental health

..... is more important than grades at end of the day.

Good Luck!