



# Successful Study Tips

## 1. SLEEP

Get 8 hours sleep. Aim to be ready for the day by 8am.

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## 2. START THE DAY WITH A WIN

Start your day by creating good habits: 20mins exercise, breakfast, clean your room, or helping whānau. Tasks that are easy enough to achieve in the morning. 'Win the morning, win the day'

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## 3. GET INTO A GOOD ROUTINE

Combine your goal ('I'll revise quadratics') with a plan ('at 10am tomorrow'). It helps to specify a time, particularly if that time comes after an existing habit: if you plan to start work after breakfast, you have a cue to begin. Most people are fresh and have loads of energy in the morning, so it makes sense to set tasks in the morning before taking a break.

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## 4. FINDING A GOOD STUDY SPACE

Find a space where you can avoid distractions, such as your phone, the TV, and being logged in to social media. It is a good idea to try and study away from areas where you eat or sleep. Try to predict things that will hold you back from getting good study in, and look to plan a way to address these.

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## 5. NUTRITION AND HYDRATION

Keep up the water retention, drink plenty throughout the day. Try eat healthy at normal times, and don't not to skip meals. Watch out for sugar intake, while it can give you a boost in energy, it can also lead to drowsiness.

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## 6. BALANCE STUDY WITH RECREATION

Take time away from study and especially devices, and put it towards recreation; something fun, enjoyable that replenishes the soul. Go for a walk, try a recipe, read a book, exercise, or catch up with whānau.