



Study Tips



12 TIPS TO HELP WITH CONCENTRATION.

1. Plan exactly WHEN and WHAT you will study.
 2. Find a comfy place (NOT your bed - this is for sleeping).
 3. Work at a DESK/SPACE.
 4. Get rid of any DISTURBANCES
 5. BACKGROUND MUSIC without words.
 6. Stay ENERGISED - eat healthy snacks & drink water.
 7. Take breaks, walk/get some fresh air.
 8. Use COLOUR to help you focus on the main ideas.
 9. Break the work into manageable chunks.
 10. Good lighting is vital.
 11. Be organised and practise.
 12. Remember YOU have got this!
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