

Study Skills for Students

Skills and Habits for Exam Preparation



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So, how do I study?

It is no secret that exam time can be stressful. It can be overwhelming and feel like quite the balancing act when you are trying to tackle all of that extra workload and added pressure!

We have identified some good study habits that can help relieve exam-time stress and provide a guide to organising your time effectively.

Hopefully, following these tips will result in exam preparation being carried out as smoothly as possible, giving you the best opportunity to get the outcome you want and deserve!

Remember:

- Study skills can be learned
- Different skills work for different people
- Allow yourself time to practice

Skills and Habits Explained

Stay Organised

- Stay organised during your study sessions but also throughout the year.
- Take good, organised notes during class.
- Keep your notes in separate folders for different classes and subjects. Colour-coding notes can be helpful too.
- Add additional information to notes as soon as possible e.g. immediately after the lesson ends.
- Bookmark key information in textbooks
- **Creating lists can help you keep on top of what is due and when. For guidance, use our "My To-do List" template!**
- Keep sessions short and succinct with breaks away from the study area.
- Set aside time each week to review and revise.

The image shows a template for a 'My-to-Do List'. It is a rectangular box with a blue border. At the top, it says 'My-to-Do List'. Below this, there are two columns: 'To-Do' and 'Deadline'. Below these columns is a section labeled 'Notes'. At the bottom right, there is a 'Name:' field. A blue circular button with a white download icon is located at the bottom right corner of the template.

Schedule your Study

- Make connections between learning by creating a web of learning (mind map).
- Use a variety of resources to study for a specific topic, variety is the spice of life!
- Change study topics regularly to avoid tiring out.
- Study in increments - set an alarm on your phone and take a break from your work every 30 minutes.
- **Schedule regular study sessions so concepts are consistently revisited. Create a timetable to help you plan your study!**
- Don't procrastinate - study before the pressure hits, before a deadline so there is less pressure and more time to learn.
- Prioritise tasks and deadlines.
- Don't cram!



Create the Right Environment

- Create an environment that is free from distractions e.g. your phone or distracting noises.
- Study in a group to make studying more fun and share the workload!

Set Challenges and Rewards

- Regularly quiz yourself using past papers, study guides or other exam preparation materials.
- Test your friends or classmates and have them test you. Try creating your own quizzes to practice with or share with your peers.
- Reward your study efforts with intrinsic rewards (internal motivation because it feels good) or extrinsic rewards (physical type reward like a chocolate bar).
- Rewards can be short or long term.

How to Revise and Types of Learners

A big challenge of studying for exams is not knowing how to revise and therefore, running out of time to prepare effectively.

This is because everyone learns differently; you will have a preferred revision method which works for you and helps you retain information. The challenge can be discovering just which method that is!

Generally speaking, there are **three** different types of learners: visual, auditory and kinesthetic.

It is worth noting that you may not be one type of learner only. Therefore, it is important to take the time to identify how you learn best and experiment with the revision methods below to find the right combination for you!

Visual Learners



If you are a visual learner, you will learn through sight.

This can include reading information or scanning images. Visual learners are usually attracted to colour and can be creative with their work.

Below are some of the revision methods you can experiment with if you think you are more of a visual learner.

- Use mind maps
- Study flashcards
- Make diagrams
- Colour-code notes
- Write key words/points
- Practice past papers

Auditory Learners



If you are an auditory learner, you will learn through your sense of hearing. Whether this is by listening to someone speak or to music, sound is your learning tool.

Auditory learners will often love music and remember words to songs quickly!

Below are some of the revision methods you can experiment with if you think you are more of an auditory learner.

- Explain a concept aloud
- Ask someone to test you out loud
- Listen to music whilst revising
- Teach someone else
- Use mnemonics
- Listen to audiobooks

Kinesthetic Learners



If you are a kinesthetic learner, you will learn through touch and movement. This can be through practical experiments, building tasks or just movement of the body.

These learners tend to have a natural athletic ability and good coordination.

Below are some of the revision methods you can experiment with if you think you are more of a kinesthetic learner.

- Teach someone else
- Practice past papers
- Use rhythmic motions, like clicking your fingers, when reading
- Take part in experiments
- Study flashcards

Tips for Exam Prep

Stay organised

Schedule your Study

Create the Right Environment

Set Challenges and Rewards

Remember:

**You are not alone on this journey!
You have control over your workload
and how you manage it. You are
responsible for making choices
about what works best for you.**



TIP

Applying something to real life helps you learn and understand concepts and content!

TIP

Listening to music can help you ignore distractions. Classical music is especially good as it activates the part of the brain that releases dopamine, which clarifies thinking.



TIP

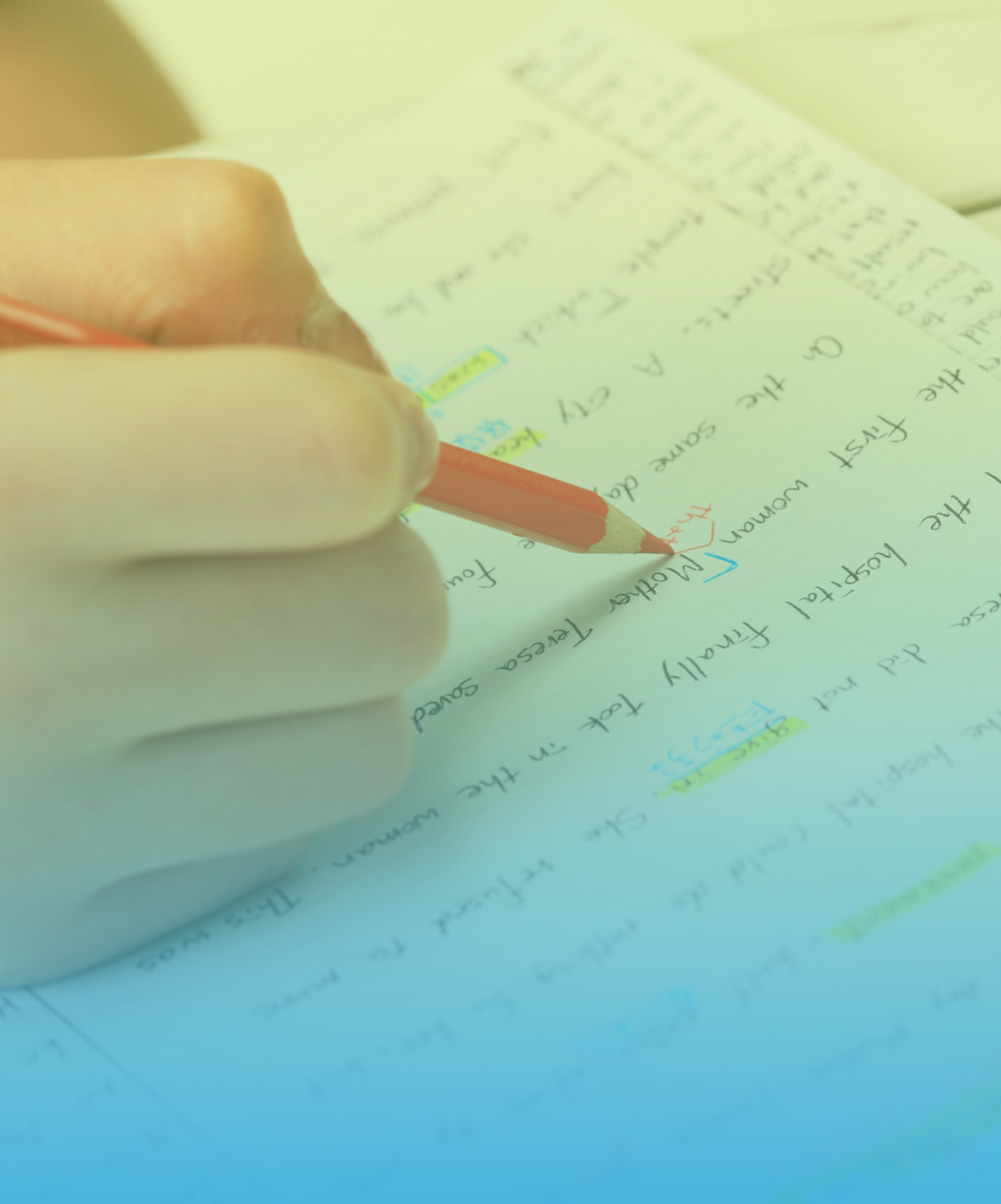
Drink plenty of water, stock up on healthy snacks, make sure you stretch your legs and get plenty of sleep. Exercising before or after study helps increase blood flow and oxygen to the brain.



TIP

Stay in contact with your lecturers, teachers and classmates. Ask questions and seek help if you get stuck.





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