

There is considerable research about effective study techniques, however studying well isn't just about knowing how to study. It is also about the study environment and management of time. Most importantly, physical, emotional and psychological wellbeing needs to be supported. This includes engaging in regular, enjoyable physical exercise; spending time outdoors; staying connected with friends and family; and developing routines to manage periods of stress and dysregulation.



Tips for Students

Set up your **environment** to make study time efficient and effective.

- Find a study-only space.
- When completing practice exams, try to replicate the exam environment e.g. silent, timed, only use approved equipment.
- Turn phones off or use airplane mode.
- Place phone in another room.
- Use a physical clock as a timer, so you don't need your phone.
- Write down thoughts in a 'distractions notepad'. This helps you focus on your study and you can refer to your list later.

Study Environment

Include **retrieval practice** at the start of every study session.

- Create flashcards for new ideas, vocabulary or information you need to learn.
- Avoid peeking at your notes before using your flashcards for retrieval practice!
- If the answer to the question on your flashcard includes more than one response, include the number of responses needed on the front.
- Space out your practice.
- Set small, achievable goals - you should feel good every time you meet a goal.

Spaced Retrieval Practice

It is important to **balance study** with time for exercise, eating nutritious food, engaging with others, and sleep.

- When creating a simple study plan, timetable commitments, family routines and rest time first.
- Break up your study sessions with time to drink some water, step outside for some sunshine and fresh air, or interact with a pet or family member.
- Take whole days off from studying. This will help you feel reenergised and help you to study more effectively.
- Keep connected with friends.

Time Out



Tips for Parents

A quiet space with **minimal distractions** is important but sometimes tricky for families.

- Find a quiet space with minimal visual distractions e.g. TV, people moving, decorations.
- Ensure lighting is adequate.
- Encourage regular hydration and eating.
- Provide noise cancelling headphones if spaces are noisy.
- Provide a phone charging station in a central space.
- Study can sometimes be device-free.
- Keep bedrooms technology free.

Study Environment

Spaced retrieval practice is effective but needs **support** to be used regularly.

- Support smart ways of studying, including spaced retrieval practice - check in or be part of the retrieval practice process.
- Provide stationery and equipment to support retrieval practice e.g. flashcards, mini whiteboard and markers, paper and pens.
- Understand that getting answers wrong is part of the process of learning.

Spaced Retrieval Practice

Studying is all about the **quality** of the study rather than the quantity of the study.

- Ensure your child has regular breaks each day including days that are non-study days, especially in the holidays.
- Encourage physical exercise and engaging with friends and/or hobbies.
- Sleep should be prioritised, so help your child develop good sleep routines e.g. turn off screens at least one hour before bed, organise schoolbag for the next day.

Time out