

## MORE STUDY TIPS



### **BE AWARE OF YOUR LIMITATIONS**

Different people can study for different lengths of time in one stretch. Be aware of what your limits are. If you need regular breaks in a study session keep them to a maximum of 10 minutes. Try to have a study session of at least an hour and a half. See the section 'Dealing with procrastination' on how to divide up your study session if you tend to procrastinate or have trouble concentrating for a long time. Simple exercise, such as stretching or taking a quick walk, can clear your head and help you cope with the next section of studying.



### **YOUR MOST DIFFICULT SUBJECT**

When studying your various subjects spend the most time on your most difficult subject. It is best to tackle this subject when your concentration and focus are more readily available. Establish when your best time of study is – for some people this is early in the morning, for others it may be late afternoon or early evening.



### **TAKE TIME OFF**

Studying can be physically and mentally draining. Therefore you need to make time to relax and take your mind off your work for a while. Exercise helps you relax and benefits your body as well as your mind.



### **YOUR PERSONAL BEST STUDY TIME**

Everybody has a time when it is best for them to study and that works well for them. Try to study during those hours to ensure that you perform at your best.



### **CHANGES TO YOUR SCHEDULE**

Be prepared to change your schedule in case something comes up and clashes with your scheduled study time. Never miss a study session completely; rather work around the other events of your day and try to allocate a different time for your studying. If you can't fit in an entire session elsewhere in your schedule, remember that it is always better to have a short study session than having no study session!



### **SLEEP**

The most important way of maintaining a healthy lifestyle and keeping up with your academic work is to get enough sleep. According to research the optimal length of time that a person should sleep is 7–8 hours per day. Too little or too much sleep can negatively affect mental performance. This is particularly important during exams as you need to be alert and focused.