

8 simple rules for stress-free studying

1. If there's studying to be done, do it first thing

Seriously. There's all sorts of science behind it, but you are much more likely to get it done (and then enjoy your free time) if you do it *first*. Build up a routine, so you know what you're going to do when.

2. Set small, achievable targets each day

If the goal is to write up your notes for maths this week, then break it down into sections for each day. For example, 'number' notes on Mon, 'algebra' on Tues...

3. Take regular breaks

Concentrating for long periods of time isn't the best way to go. Try and take a break every 30 minutes or so, and make the most of your break. Leave your study area, and do something different (something active is even better).

4. Reward yourself

Studying isn't the most fun thing ever, so find a way to reward yourself for your hard work. Say to yourself 'If I finish my studying for the day, then I'll {catch up with my favourite show, play some games, go and meet some friends...}

5. Find a quiet space to work

Distractions are the enemy. You want to get the studying over and done with, right? So remove as many distractions as you can. Find a quiet place to study (even if that's a library or coffee shop), and put your phone on airplane / do not disturb mode. Yes, really. Snapchat and studying don't mix.

6. Set yourself up for success

Take some time to figure out how you're going to structure your notes. Are you best with flashcards, or mindmaps? Would it help to record your notes, so you can listen back to them instead? Does colour-coding things help you? Are you a pen-and-paper person, or is there an online tool that'd be better?

Set up your folders / notebooks etc now, so you know *exactly* where your notes will go.

7. Build great habits

A great way to help you remember what you've been studying is to explain it to someone else. It really helps you to see how well you understand it!

Get in the habit of telling a family member all about what you've learned. (Yup, even the dog will do.) Over dinner is a great time to do this.

8. RELAX!

Maybe you're only studying at all because someone is making you. (You'll thank them later, honest.) However, maybe you're already getting stressed out about Y11 and getting everything done. Just remember, it's really important not to burn out. If you spend all your time working, and no time resting, you'll make yourself ill, so make relaxation time an important part of your day. If you're finding stress is a problem, find a guided meditation app (or look on YouTube).