

# Developing Smart Study Skills

Getting the Best Possible Results  
3<sup>rd</sup> year students

# Study Tips

- Set a regular time to study
- Remove all distractions
- Have all the necessary supplies
- Clear a TABLE in a Quiet place to study

# Find a Good Place to Study

- This means a desk with nothing on it except the subject that you are **STUDYING**
- Have a regular time and place for studying

# Make sure you have the following

- Solid flat surface for writing
- Good lighting
- Chair
- Books
- Supplies
- Clock
- Drink

# Before you begin studying

- Eat
- Break
- Have a plan
- Have all the materials for that subject
- Computer, if necessary

- Rewrite notes to study
- Some people like to underline and highlight important ideas and vocabulary
- Stop looking for excuses NOT to study!!
- Think about the END goal – your Exam – What will you be doing after it!!!

# Change Habits

- Form a good listening habit – good listening in class
- Concentrate on what is going on – try and avoid daydreaming
- You can not listen if you are talking!!

# Use your time wisely

- Get a Study Timetable
- Stick it on the wall over your table
- Get your exam Timetable and stick it up on the wall
- Think about 'dead' time – how can you use it more effectively



# Help Each Other

- Liaise with class mates and see if you can get some notes and swap/share notes
- Look up websites, ask teachers

# How to get the best possible results

- KNOW the exam papers
- Review Mock Papers – spend time doing up these answers again

# Be a Smart Learner

- The key to study is learning to be a smart learner – exam questions, exam papers!!
- Using your time effectively – make a timetable
- Take time to Study

# Brain Foods

- Choosing the right food and drink will make it easier to concentrate and perform better in exams

- **Everyday**

- Breakfast
- Oranges
- Water
- Healthy snacks
- Eggs

Fish

Berries

Raisins

Some treats i.e chocolate/crisps

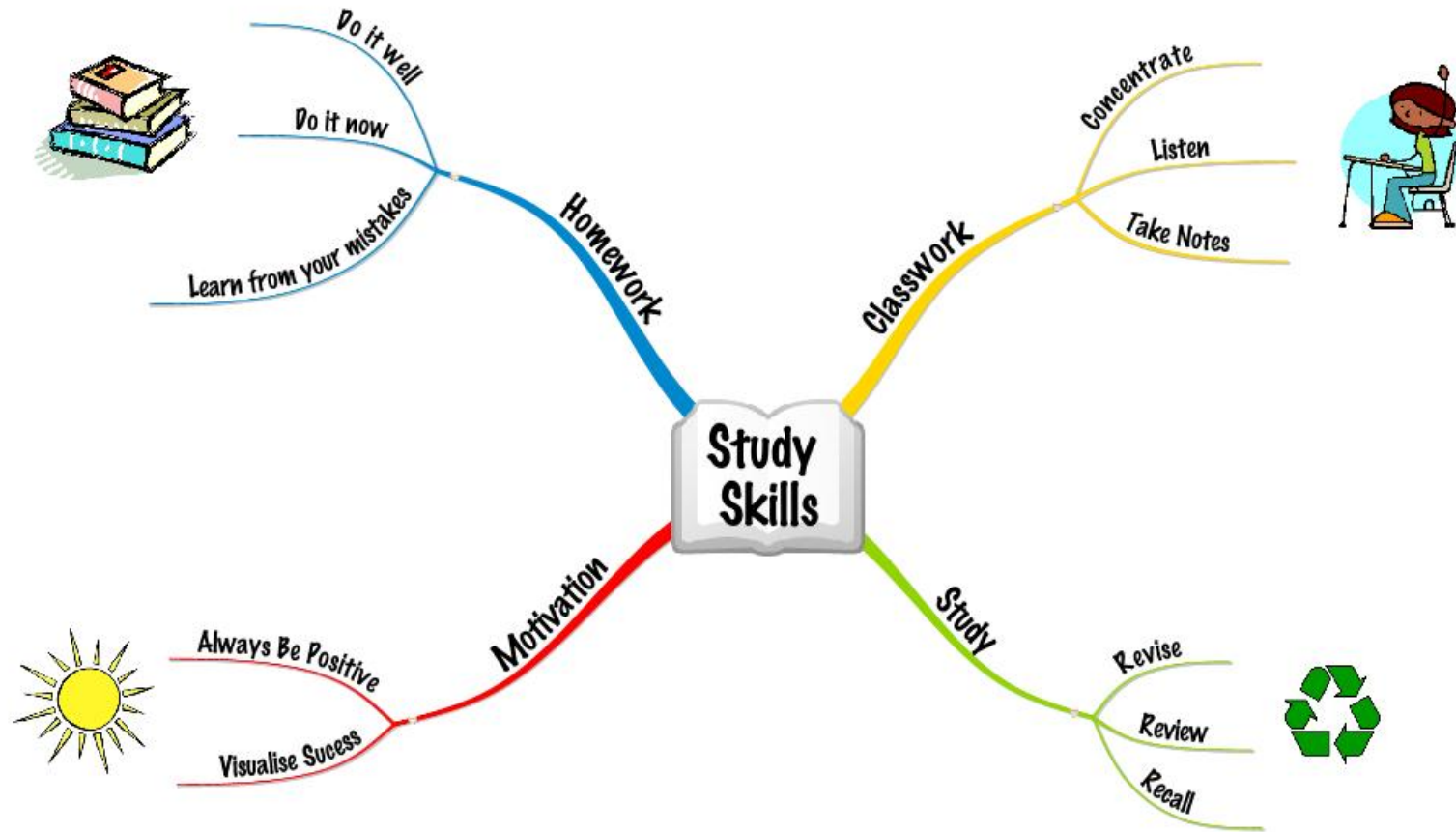
Cheese

- During exam weeks
  - Water
  - Fresh fruit smoothies
  - Fresh or dried fruits
  - Unsalted nuts
  - Sandwiches
  - Soup
  - Yoghurts
  - Cheese

# Day of an Exam

- Eggs/beans/mushrooms on toast
- Porridge/muesli/weetabix
- Bananas, raisins or a fruit smoothie
  
- Later on try high protein foods
  - Beans, Meat, Fish, Eggs or Cheese
  - Vegetables and fruit

# Use a Mind Map



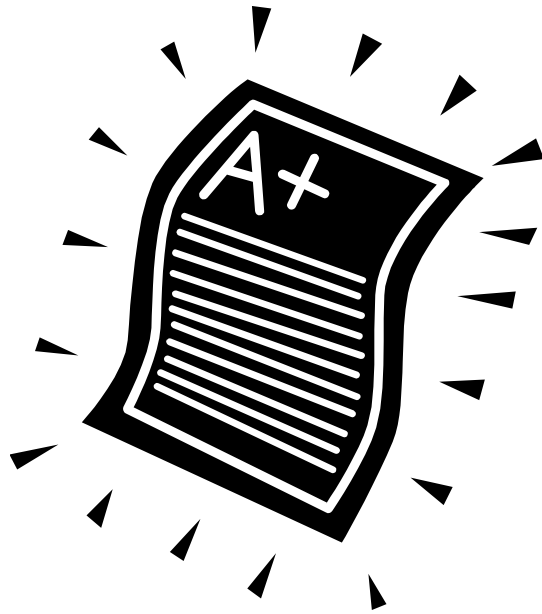
- Mind maps are good for the Visual learner
- Can be used in the exam to help you structure your answer



# Keys to Study

- Time Management
- Organisation
- Note taking
- Concentration

Remember your predicted Results.....



# Some links that may help...

- For English

- [www.sparknotes.com](http://www.sparknotes.com)
- [www.cliffnotes.com/WileyCDA/](http://www.cliffnotes.com/WileyCDA/)

- For Irish

- [www.focal.ie/Home.aspx](http://www.focal.ie/Home.aspx)

- In general

- [www.skooool.ie](http://www.skooool.ie)
- [www.examinations.ie](http://www.examinations.ie)

- What type of a learner are you
  - Try an online questionnaire
  - <http://www.varkn-learn.com/english/page.asp?p=questionnaire>

Why don't you think.....



# Action Plan

1. **First step**
- 2.
- 3.
- 4.
- 5.