

STRENGTHS & MOTIVATION BASED STUDY TIPS

Utilising the results of your Motivational or Strengths profiling assessment, select one action from the following groups that will improve your performance. Concentrate on creating new positive habits in one area consistently, then select your next area of focus. Repeat.

CREATE HEALTHY HABITS

- Have dedicated times for bed, with an hour's break from work/phones/computer before sleep
- Wake up at the same time each day, even when you don't have an exam or it is the weekend
- Do practice papers in the correct time (as per your exam timetable) and duration
- Plan your study time by subjects, include a favourite and less favourite subject each day, do your least favourite first to get it done
- Do your least favourite subjects when you are most energised
- Each day identify what you have achieved and set tasks for the day ahead.

BREAK THINGS DOWN INTO SMALLER CHUNKS

- Be specific about tasks you wish to achieve each day (eg maths topic 1, questions 5-12)
- Use your timetable to set work and break times from 8.30 am till 3.00 pm in normal class times
- If demotivated, work in smaller block, 10-15 minutes, till you feel success.

USE VISUAL TOOLS OR BRIGHT COLOURS

- Create posters of key quotes you need to recall
- Hang a countdown calendar, noting key dates and subjects per day
- Put up images (drawn or printed) to refresh and connect with content
- Use different colour notepads or folders for each subject.

Contact us to kickstart your career

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CONTINUED

VOCALISE YOUR NOTES

- Read your essay or responses to yourself
- Detail the answer to a question or key themes of content out loud
- Explain a concept to your pet
- Sing your formulas or essential information
- Record yourself reading notes and listen back, reading along or repeating it as you go.

UTILISE A RANGE OF RESOURCES

- Debate with friends
- Use online lectures, recordings or other online programs
- Share sample questions or topics you struggle with for teacher feedback
- Use past papers or questions from teachers
- Teachers for areas you are struggling in or to ask for what to focus on.

CELEBRATE YOUR SMALL ACHIEVEMENTS

- Have 3 tasks to achieve in the day and enjoy completing them
- Set attainable goals in the day
- Target a small increase from your last paper (5-10%)
- Completing specific questions or an essay
- One practice paper in the right time frame
- Asking a teacher for feedback or to explain a concept
- Continuing to work in school hours/times when working from home
- Improving your work or getting positive feedback.

INCLUDE SET TIME FOR ACTIVITY

- 15-30 minutes during day with accessible activities
- An hour after 3.30 pm in different location if needed
- Walk outside, go for a run, sing, dance, go to the gym
- Be active while studying, listen to your recording or a related podcast while you walk or run.

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