

Study Well Workbook



Aims and outcomes

- ✓ Identify a study style that aids effective revision
- ✓ Describe how lifestyle factors impact your own education
- ✓ Reflect on dealing with stressful situations

How to use this pack

- ✓ Review how each lifestyle factor impacts on your own lives
- ✓ Reflect on how you could make changes to reduce negative effects and promote positive ones
- ✓ Start being proactive in your learning

Why don't we revise?



"I get distracted"

Do you find it hard to finish a task because you are always getting distracted?

"It's too boring"

Do you ever put off revision because you find a subject or task boring?

"I'm too tired"

Are you getting too tired or overwhelmed balancing all your revision and homework?

"I'm a procrastinator"

Are you someone who always finds something else to do?

"I'm too stressed"

Do you struggle to keep on top of things until it all becomes too much?

If you said...

“It’s too boring”

Quizlet lets you create your own **quizzes** and access over 200 million pre-made **games** and **activities**. This can be used to make revision more interactive or help you revise on the go. You can create your own revision quizzes and games, and then use them to practise whenever you want - you can also share them with your friends.

Plus

more than 95% of learners who use Quizlet report an improvement in their grades.



If you're bored of working alone, try working in a group, or pairing up with **friends**. You can share each others knowledge and plan study breaks together.



Change your revision **tools**. Try drawing pictures, make your own colourful mind-maps, use whiteboards or use post-it notes around the house.



Do some '**wider-reading**' to boost your interest in the subject or try finding documentaries or revision videos on YouTube.

If you said...

“I’m too stressed”

Work smarter, not harder.

Use your time wisely and more effectively to get things done quickly



Don't forget to do things you enjoy – remember to make time for your **hobbies and interests**.



Take a break – this can be either a complete break or you can try and find calming activities i.e. drawing, jigsaws, use a **Meditation or Mindfulness** app to wind down and meditate

Get some **exercise** – it is recommended that 13-19 year olds to get at least 30 minutes of exercise 3 times a week.



Make sure you get some **fresh air**, it'll help distress and clear your mind.

If you said...

“I’m too tired”



Sometimes we think we can get more done in a day if you sleep less, but your brain is still working whilst you sleep – it’s processing memories and resting your body.

Young people between 13-19 years old need **8-10 hours** of sleep to function best.

Think about your **screen time** - Electronic devices emit artificial blue lights that stop the release of the body’s sleep-inducing hormone, melatonin, making it harder to fall asleep.

If you said...

“I’m a procrastinator”



Use the **Tomato Timer Technique** - break your work into 25 minute intervals and give yourself 5 minutes in between to have a break.

Give yourself a **realistic** timetable. Don’t be guilty of over-planning and then not sticking to the plan.

Minimise **distractions** – try and put your phone in a different room, or have a friend check in with you every now and then to see your progress.

Get the tasks that you find least pleasant out of the way early. This gives you the rest of the day to work on the tasks you enjoy more.



If you said... “I get distracted”

Try and think about your *perfect studying environment* and what will help you to focus:



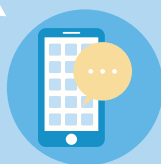
Revise where you feel most *relaxed*.



Keep *hydrated* – the ‘My Water Balance’ app allows you to figure out your water requirements, set reminders to up the intake and see useful tips about H2O.



Check out *Study Playlists* on YouTube – these are created by, and for, learners to help you concentrate. Music can help you to be more productive. The songs should have no lyrics, so it doesn’t distract you.



Remove *distractions* - try turning your phone off if it distracts you. You could also try turning your notifications off, or on silent.

Top Tips

Tips to Revise

- ☐ Plenty of sleep
- ☐ Create a plan
- ☐ Switch it up
- ☐ Take breaks
- ☐ Ask for help

Make use of Tech

- ✓ Quizlet
- ✓ Mindfulness App
- ✓ ‘My Water Balance’ App
- ✓ YouTube

So what is Revision?

Revision: the study of work you have done, in order to prepare for an exam (Cambridge Dictionary). This can be through re-reading notes, re-writing notes or other various methods.

Time Management

This involves planning the time you spend on specific activities to help increase effectiveness, efficiency, and productivity.

Note Taking

This involves recording information from other sources such as presentations and books. Taking notes, enables you to refer back to this information and try to remember everything.

Wider Reading

This means reading information related to your subjects, particularly topics that interest you. This doesn't have to be school textbooks, it can be audiobooks, autobiographies etc.

Wellbeing

This is the state of being comfortable, healthy, and happy. It's important not to overwork yourself, to manage your stress and look after your mental health.

Organisation

This involves various factors, such as planning your time, evenly distributing your work so you never have too much or too little and preparing your work ahead of time.

revision

Study

Notes

Reading

Time
management

plan

Time to get started!

What are your 2 main excuses to avoid revision and homework?

1

2

What are your 2 best revision skills?

1

2

What are 2 ways you are going to improve your approach to learning?

1

2

Here's a blank timetable to help you plan

| Work (Revision, Maths Homework) | Tools (Apps, Post it, Pen and Paper) |
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hello future.

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