

Success in School

1. School is my best learning resource.
2. It is my responsibility to learn.
3. Self-discipline is the best discipline.
4. Let the teacher teach.
5. In Class
 - a) Be positive.
 - b) Be prepared.
 - c) Listen.
 - d) Question.
 - e) Make Notes.
6. Today's class work has to be revised today.
7. Extracurricular activities are great.

Written Homework

1. A vital part of exam preparation.
2. Great for developing answering skills.
3. A revision of today's class.
4. Try it under examination conditions.
5. Do it to the best of your ability.
6. Practice good presentation.
7. Correct it neatly.
8. Be positive about written homework.
3. Homework copies - good for revision.

Goals

A) Daily Goals.

1. Best use of class time.
2. Revise all today's class work.
3. Complete all written homework received.
4. Review some 'old' chapters.

b) Weekend Goals

1. Complete the planned study schedule.
2. Revise all this week's class work.
3. Finish this week's chapter notes.
4. Make 'study cards'.

5. Revise some 'old' chapters.
6. Enjoy your leisure time.

Self Motivation

1. Why should I study?
2. Concentrate on your daily goals.
3. Plan your weekly work schedule.
4. Imagine results day.
5. Believe in yourself. Positive self-image.

The Quick Guide to Study Skills

Memory and Recall

1. Be positive.
2. Want to learn.
3. Maintain interest in your subjects.
4. Understand each topic.
5. Get the most out of class.
6. Frequent testing when revising.
7. Written homework (Exam Conditions).
8. Physical fitness and sleep.
9. Use mnemonics.

Coping With Exam Stress

1. First do the work.
2. Develop answering skill.
3. 'Psyche up. Not out'.
4. Exams are Opportunities for reward.
5. Confidence: positive self-talk.
6. Use a simple relaxation technique.
7. Concentrate on the 'now'.

Time Management

1. Minimum work time after school.
2. Grade each chapter in your texts.
3. Take breaks.
4. Adequate sleep time.
5. Only you can do the work.

Making Notes

1. Fast, frequent revision.
2. Should be:
 - a, Margins.
 - b. Easy to read.
 - c. To the point.
 - d. Headings and Highlights.
3. Learn to identify the key word.
4. Spider Diagrams or Mind Maps.
5. Study Cards - headings.
6. Highlighting chapters.
7. Mind your notes.

Success in Exams

1. Confidence and positive thinking.
2. Exam paper timetable.
3. Select questions wisely - take time.
4. Clear understanding of the question.
5. Plan the answers.
6. Neatness counts.
7. No post-mortems.
8. If you go 'blank' - relaxation technique.
9. Do not lose heart.

