

# STUDY TIPS



## Set Study Goals

There is lots of credible research suggesting that goal setting can be used as part of a strategy to help people successfully effect positive changes in their lives, so never underestimate the power of identifying to yourself the things you want to achieve.



## Collaborate with Study Partners

At this stage of the school year, you should know your classmates pretty well. This is a good point in time to select a couple of study partners who you know you work well with and are motivated to achieve good grades also.



## Test Yourself

Sometimes simply entering an exam environment is enough to make you forget some of the things you've learned. The solution is to mentally prepare for the pressure of having to remember key dates, facts, names, formulas and so on. Testing yourself with regular quizzes is a great way of doing this.