

8 Tips for Studying at Home Effectively



If studying from home is new to you, we've compiled some useful tips to help you settle into a new routine.

1

Create a timetable

Creating a timetable will help you to organise and manage your time, particularly when you have several subjects to study for. When you prepare your timetable, remember to set realistic limits for how much time to spend studying each day.



2

Get moving

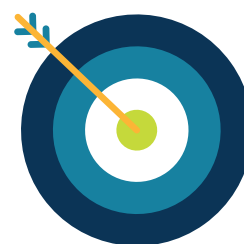
Not only does exercise provide a wealth of physical benefits, exercise has been proven to help the brain as much as the body. Research shows that exercise helps to boost memory and improve processing speed while reducing stress and anxiety.¹ From online workouts to dance tutorials, there are lots of fun ways to keep moving at home.



3

Set achievable mini-goals

Set mini-goals and targets for each study session so that you can absorb information in manageable chunks. That way, you can measure your achievement and be motivated by small successes.



4

Take regular breaks

While it's important to try and stick to your timetable, you will still need to take regular breaks to recharge your batteries. Study breaks have been proven to improve performance, boost energy and help you to focus your attention.²



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5

If you only remember one thing...

Highlighting one key point or fact for each topic area can effectively break down the volume of information you need to remember, helping you to remain engaged and motivated.



6

Familiarise yourself with multiple learning strategies

Use tried and tested memory tricks such as mnemonics – using the first letters of a list of items to help memorise particular facts. Visual prompts, such as concept maps, flow charts and revision cards are also helpful. Sticking notes with key words around the house can be a handy way to help memorise important information, terms and vocabulary.



7

Get a good night's sleep

Getting a good night's sleep is one of the most important ways to ensure that the brain is alert and able to process the information that you've been studying during the day. The NHS recommends a minimum of eight to nine hours for teenagers,³ so make sure you're getting enough rest to stay focused.



8

Positive reflection

It really helps to think about how successful each study session was. List five things you have learnt, three things you will confidently remember and three things that you're still unsure about. This means that when you return to your notes for revision, you can focus on filling in the knowledge gaps.

