



Get Organised Early !

Organise your study area at home (get a calendar, whiteboard, diary)

Have and Use Visual aids for your notes / revision

Assign Topics / Tasks for you to do each day

Join a Study Group



Look After Yourself !

Eat regular, nutritious meals

Stay Hydrated – drink water

Exercise

Relax and see friends

Have Regular Sleep patterns



It's Good to Talk to...

Teachers

Family

Friends