



### Some useful tips?

Give yourself a treat at the end of a hard day's study

- Don't forget your social life!
- It's important to spend time with friends to recharge your batteries
- Don't bottle up worries, share your feelings with friends or family
- On-line support is available from many internet sites. You can print out time tables of exams, as well as helpful revision planners, so visit the library if you don't have a P.C.
- You might like to download revision bites to your smart phone or tablet.
- If you are concerned about your physical ability to do your exams, discuss this with your teachers or your occupational therapist as soon as possible

## Useful Web Addresses

[www.bbc.co.uk/schools/gcsebitesize/](http://www.bbc.co.uk/schools/gcsebitesize/)

### Other leaflets in this series

- Things to help me sleep
- Mind Your Back!
- Pain in the Neck

### Department of Rheumatology

Physiotherapy 0121 333 8221  
Occupational Therapy 0121 333 8213

### Data Protection

We collect information about our young people and families relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the Adolescent Rheumatology team or contact PALS (Patient Advice and Liaison Service) on (0121) 333 8403/8611.



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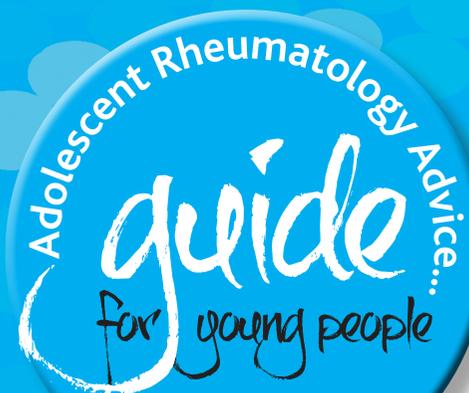
E: [questions@kidslikeus.info](mailto:questions@kidslikeus.info)  
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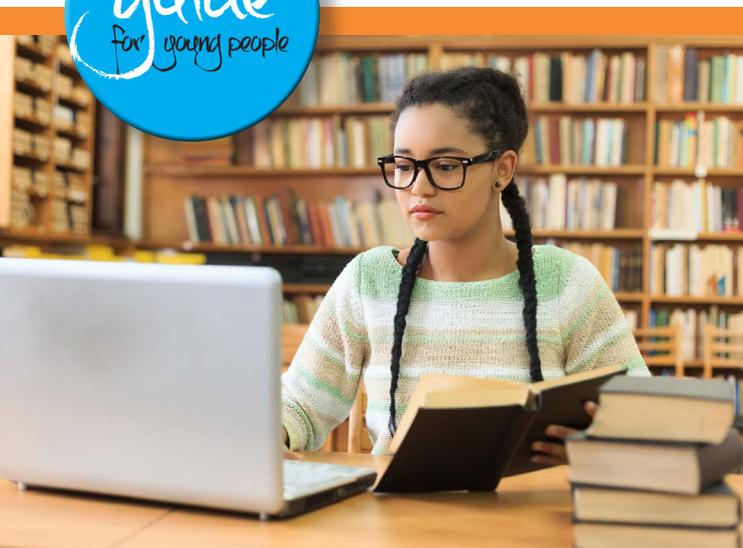


# Study skills



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### About this leaflet

There is no doubt that exams are very stressful whatever your age. Successful revision and good preparation are often the key to success. However, endless revision can be very boring and often un-productive.

Staying focused and positive can help not only your mood, but improve your revision and hopefully your exam results!

This leaflet has been designed to give you a few tips about effective study.



### Top tips...

- Start your revision early
- Draw up a rough time table to ensure you have enough time to study each subject
- Prioritize all your activities so you don't spend time doing things which can be put off until after the exams
- Ensure you have a good place to study where you won't be interrupted
- Keep the place where your studying clear and tidy.
- Turn off your mobile phone so you won't be distracted
- Ensure good posture when studying to prevent neck and back ache
- Make sure your learning is active.
- Make notes rather than just reading. Try using coloured highlighters to underline key points
- Study with a friend and discuss topics or debate answers
- Study a variety of subjects throughout the day rather than stick to only one
- Take regular short rests as concentration lapses after about 40 mins.
- Take regular stretches
- Don't be afraid to ask for help if there's something you don't understand
- Drink plenty of water or juice to stay hydrated, especially in hot weather
- Never skip meals, always make time to eat. Don't be tempted to eat at your desk whilst still revising
- Try to do some physical activity during the day, even if its just popping out for a quick walk
- Make time to relax before going to bed so your mind can 'switch off' ready for sleep



You may be allocated extra time for your exam if you have a condition that slows you down. Talk to your teachers as soon as possible

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