

Ten Top Tips for Study Leave

1. Eat Healthy.

This is really important. While you are studying, your body is using up energy, and therefore in order to ensure maximum results and focus on your work, you need to make sure you maintain a healthy diet. Your brain will work much better when kept healthy and nutritious.



2. Take breaks

Studying can be really stressful, therefore it's vital that you give yourself breaks and time to rest. The best way to do this is to adopt an 'hour on/half-hour off' approach to revision. During your half-hour off, take yourself away from the work. Get out of the house, go for a run, try to forget about your revision and exams. Studies have shown that structured gaps in revision can lead to improved results.



3. Remove distractions

During your study time, it's really important that you remove all non-study gadgets, such as TV, iPod or your phone. We all know how easy it is to become distracted. If you can't remove them then take yourself away from them, or give them to a relative to look after until you are done. You need to devote 100% of yourself to learning the material.

4. Exercise

Exercise is a proven and fantastic way to keep yourself both mentally and physically fit for the upcoming exams. It keeps your body relaxed, and invites oxygen to your brain, which in turn will help you to focus better.



5. Practice papers

This is the NUMBER 1, absolute best tip on the list. The best way to revise is to do past papers. They give you an idea of how the paper itself will be structured, help you to practice working under timed conditions and make you feel more confident. No revision plan is complete without sufficient use of practice papers. Practice makes perfect!

6. Equip yourself

This is a very basic organisational tip, but one that could come in useful. Prior to your study leave, stock up on all of the basics you'll need. Notepads, pens, stickers, whatever you will be using to help you revise. You don't want to forgo an important revision method simply because you ran out of resources. Prepare yourself beforehand, and you will have all of the materials needed for success.



7. Stay calm

This applies for both parents and students. Parents, remember that this is a hugely stressful time for your child. They need 100% of your love and support, and therefore it's really important that you keep their home environment calm and stress free. Your child could be feeling on edge and under pressure, it's vital that they know you are there to help them. Don't nag them, and don't put extra pressure on their shoulders. This will only lead to arguments, which won't help under the circumstances. Try to

show a real interest and willingness to help in any way that you can. For some parents, it can be difficult, particularly if you yourself don't really understand the material they are learning. Always try to praise your child, even if they are struggling. Positively will help both of you get through this period.

8. Start immediately

Don't make the mistake of putting off your study leave revision, simply because you have free time. This time is really, really valuable, you need to make full use of it! The earlier you start, the better prepared you will be for the exams. This is where a detailed and structured revision plan will be the most useful.



9. Prepare the night before.

On the night before the exam, make sure that you are completely organised. There is nothing worse than rushing around on the morning of the exam because you don't have the right equipment or have forgotten something. Get things ready; so that you can get a good sleep, have a healthy breakfast and be ready to tackle any exam.

10. Believe in yourself.

Remember that no exam can determine your entire future. If you believe in yourself, and perform to the absolute best of your ability, then you can always be proud of what you have accomplished.