

8 STUDY TIPS

THE ABE WAY



STAY FOCUSED, Stick With It

YOU CAN DO THIS

TAKE THE FIRST STEP

1

Define your reason

Simple 5-minute exercise to help get you through the tough times when your motivation is low and there's part of you that wants to give up.

Take a sticky note or piece of paper and come up with 1 to 3 reasons why you're studying.

1. Why did you start studying?
2. What are you hoping to get out of it?
3. How will your life improve from your studying?

Write these down and then keep this sheet where you can see it.

2

Schedule in your studying

Spend 5-10 minutes planning what you need to study during the week.

4

Set-up a study space

Set up a quiet space where you can concentrate and work without interruptions. Create an environment that will help you to focus.

- Turn your mobile phone off
- No television
- No music

3

Start the day right

Set an alarm, get up and out of bed at the same time daily.

Go for a walk and get some fresh air before starting your studies



THE ABE WAY

5

Take breaks

Study hard for 25 minutes without distractions then take 5 minutes to refresh and stretch. This technique tends to result in you achieving more as 25 minutes is a manageable time to stay focused.

7

Keep Moving

It is a proven fact that exercise helps concentration and will improve your mood too, so it is important you take time to exercise daily.

6

Stay connected – coordinate group chats

Set up study groups with course mates so you can spend some time discussing ideas, analysing texts together and swapping study tips.

If unable to meet in person, there are a number of online tools such as Skype or Zoom that you can download for free and enable you to coordinate video chats with groups of people.

8

Reward yourself

You're working hard and putting a lot of effort in and we think it's only right that you reward yourself. Plan in a little treat for yourself.

TIME TO LEVEL UP

DON'T GIVE UP

YOU CAN DO THIS

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