

# EFFECTIVE LEARNING TIPS

- Don't study when you're too tired—sleep (aim for 7-9 hours) and stop studying 1 hour before bed.
- Set up a comfortable, distraction-free study space and check your posture.
- Study actively: create questions, self-test, and relate ideas to real life.
- Learn faster by teaching someone else, comparing notes, and studying in groups.
- Plan each session: set an agenda, prioritise tasks, estimate time, and do the hardest tasks when your energy is highest.
- Take regular breaks and switch tasks to stay focused (e.g., rotate topics each hour).
- Relax daily (music, meditation) and avoid upsetting TV/gaming before sleep.
- Eat well and choose steady-energy snacks (e.g., fruit).
- Use structured notes (e.g., Cornell method) to organise key points and summaries.

