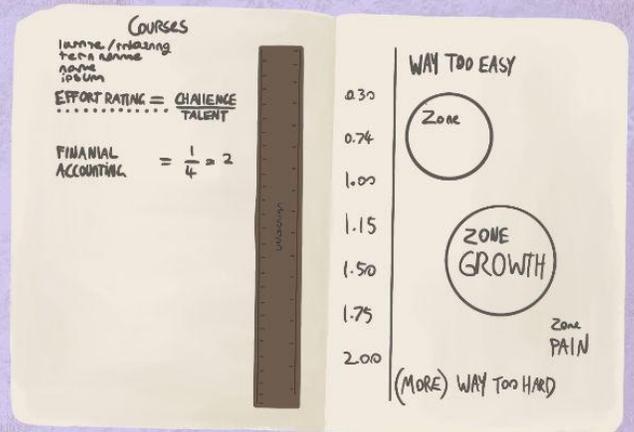


coobari

Study Routine & Tips



Study Routine & Tips

We are often taught subjects at school, but rarely taught how to *study* those subjects. We believe everyone has the ability to learn and it's about finding a routine that works best for you.

Environment

- Tidy room
- Clean desk
- Comfortable seat
- Quiet music
- Candles or ambience
- Timer

Desk Essentials Ideas

- | | |
|------------------|---------------------|
| water | stationery |
| affirmations | assessment calendar |
| candles or scent | textbooks |
| fresh flowers | fidget objects |
| notebook | fresh air |
| study music | healthy snacks |

Pre-Study Preparation and Study Kit

- tea & water
- comfortable clothing
- check diary and school planner
- pre-schedule and break tasks into bits
- running list of due dates
- stationery (pens & highlighters)
- limit sugar so you can have sustained energy
- turn off distractions and notifications
- chill study music
- sticky notes

Mindset

- 5-10 min breaks
- set timer for study sessions (25-30 min)
- move on breaks to have an energy boost
- tick off items as you complete them
- keep a spare notepad for questions
- reward and rewind: listen to music, play games, bath ect.
- pick up where you left off before your break
- set goals and intentions

How you study will be different to how others study. Some might enjoy the task of sitting down and learning new things, while others would prefer to be somewhere else.

If you set up your space each time, your brain will begin to link good thoughts to studying. When big tasks are broken down into small ones, studying becomes much easier.

Honour your journey and find what works best for you. You might enjoy other subjects better than others too. Finding your routine and creating a space that you can thrive in is the key.