

STUDY SKILLS: HOW TO STUDY AT HOME EFFECTIVELY

Techniques and tips you can use to study at home

Studying at home is something you can master through practice. These tips will help you stay motivated and organised when you're at home.

1. Choose a work station

Find a quiet place at home. This may be in your bedroom, kitchen table, back of the living room or a spare room in the house. Make sure it has enough lighting, it's the right temperature and has space for your computer and notes.

2. Set yourself goals

Goals will help you stay productive and motivated. Think about what you're aiming for and write it down. You could break down big monthly goals into smaller weekly or daily targets.

3. Prioritise your work

Think about what tasks you need to do first. Is there a logical order to tackle your work? Do the most urgent and important work first, but give yourself enough time to get all your tasks done by using time management techniques.

4. Block out noisy distractions

If you really want to focus, try putting your phone on flight mode for 1 hour, or turn off the radio and TV and only watch videos, or listen to podcasts that are relevant to your subject. Can you challenge yourself to ignore social media for a few hours whilst you work on your revision?

5. Reward yourself

Reward yourself when you complete a goal. It's an incentive to stay motivated, but also because you deserve it. Take some time to catch up on Netflix, or with friends or grab a bar of chocolate – whatever makes you happy.

6 .Use color/pictures in organizing information

Remember that you will process a lot of information in school from different subject areas. You will need to use diagrams, pictures and colour to help you condense and memorise this information. Try not to write everything down. There is a really useful video here to get you thinking about this: <https://www.youtube.com/watch?v=91SqSp2Ljqc>

Practice makes perfect

Studying at home effectively takes practice, so don't worry if you struggle to stay motivated at first. Keep using the tips above and try your best.