



Study Smart Tips

Student Activities Worksheets

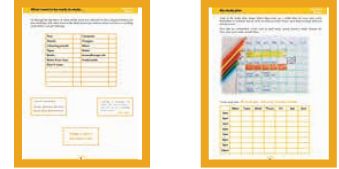
By Karen Boyes & Megan Gallagher

Environment



Study Tips for Success

Be Organised



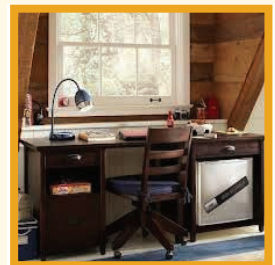
Time



Practice old exam papers



Lighting



Music



What I need to be ready to study...

Go through the list below to check off the items you will need to have prepared before you start studying. Add other items in the blank spaces provided to ensure you have everything ready before you get studying.

Pens		Computer	
Pencils		Chargers	
Colouring pencils		Music	
Paper		Water	
Books		Aromatherapy oils	
Notes from class		Fruit/snacks	
Post-it notes			

The 6 P's of success:

proper **p**lanning **p**revents
pretty **p**oor **p**erformance!

Planning is bringing the future into the present so that you can do something about it now.

Alan Lakein

**Failing to plan is
planning to fail!**

A sample study environment



This is a photo from one of our student's study space – circle all the great things he has put into place to help him study.

My study plan

Look at the study plan image below then write up a study plan for your next week. Remember to schedule time to work on what you don't know more than revising what you already know.

First add pre scheduled events such as meal times, sports practice, music lessons etc. Now plan your study around these.



Create your own: **My study plan - afternoon/evening schedule**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							

Times and places I could study

Think about different times of the day and places that could work for you to study. Come up with at least 5 different combinations that you might test.

Time of day	Place

Sam's Story

Sam came home from school with some homework to do. He knew the hour straight after school wasn't the best time to study so he had a snack and went outside to practice some football. It was a really hot day so he stayed out playing until dinner time then came inside to have dinner. He watched some TV then went to have a shower. By now it was nearly 10pm and he was getting ready for bed. Then he remembered his homework. The rule in his house was bed by 10pm and lights out by 10.30pm so he was able to wake up at 7.30am and get ready for school. His mum reminded him of this and asked how long he thought it would take to complete the homework assignment. Sam replied that he thought it would take at least an hour.

His mum then suggested that he could get up earlier to work on it rather than staying up later, Sam wasn't happy about this but agreed and went to bed. His mum woke Sam at 6.30am so he could get up, have breakfast and get going with his homework assignment.

What was interesting was that Sam said that he finished the work faster than he usually did when he worked at night. He said it felt easier to do and he got great marks as well.

Tom's Story

15 year old Tom attended a two day Super Student workshop with Karen Boyes (the Study Queen) where he learned about the power of Baroque music and study including the following interesting information:

An interesting study quoted in Colin Rose's book Accelerating Learning on music and silence was completed by Mrs Rettallack of Denver, where she set up three identical rooms full of plants. In the first room, there was complete silence for three months. The second room was filled with loud rock music for the three months and the third room had Baroque music pumped in. At the end of the three months, the plants that were in complete silence were still just normal healthy plants. The plants with the rock music were shrivelled and dying, and the plants with the Baroque music were flourishing and growing more than anyone had thought possible. What was even more amazing about this last room was that every single plant in the room was growing towards the speakers. Now your brain isn't a plant however if this music enhances plant growth maybe it also enhances brain function. You don't have to listen to this kind of music all the time but it can be very useful when studying.

Tom downloaded a few Baroque tracks. Initially he played it very loud however soon turned it down so it was only background music. After several weeks of studying with the music in the background he was overheard saying "I hate this music - but it works!" He continues to play the music two years later and is achieving fabulous results.

Some great Baroque composers are: Bach, Handel, Pachelbel, Vivaldi, Telemann, Albinoni, Purcell, Gluck, Corelli.

Try Bach's Bradenburg Concerto, Handel's Water Music, Corelli's Violin Sonatas to start with.

Country Capitals

COUNTRY	CAPITAL
Australia	Canberra
Bangladesh	Dhaka
Brazil	Brasilia
Canada	Ottawa
Chile	Santiago
Denmark	Copenhagen
Egypt	Cairo
France	Paris
Germany	Berlin
Hungary	Budapest
India	New Delhi
Jamaica	Kingston
Kenya	Nairobi
Malaysia	Kuala Lumpur
Mexico	Mexico City
New Zealand	Wellington
Pakistan	Islamabad
Papua New Guinea	Port Moresby
Russia	Moscow
Singapore	Singapore
Tonga	Nuku'alofa
United Kingdom	London
USA	Washington DC
Vanuatu	Port Vila
Zimbabwe	Harare

Country Capitals

How many Capitals can you recall? Testing time...

Test 1

COUNTRY	CAPITAL
Australia	
Bangladesh	
Brazil	
Canada	
Chile	
Denmark	
Egypt	
France	
Germany	
Hungary	
India	
Jamaica	
Kenya	
Malaysia	
Mexico	
New Zealand	
Pakistan	
Papua New Guinea	
Russia	
Singapore	
Tonga	
United Kingdom	
USA	
Vanuatu	
Zimbabwe	

Test 2

COUNTRY	CAPITAL
Australia	
Bangladesh	
Brazil	
Canada	
Chile	
Denmark	
Egypt	
France	
Germany	
Hungary	
India	
Jamaica	
Kenya	
Malaysia	
Mexico	
New Zealand	
Pakistan	
Papua New Guinea	
Russia	
Singapore	
Tonga	
United Kingdom	
USA	
Vanuatu	
Zimbabwe	



About the Authors:

Karen Boyes is known throughout the world as the Study Queen. She has appeared on TV several times with practical tips to help students study and pass exams. Karen won NZ Speaker of the Year in 2013 and NZ Educator of the Year in 2014. Karen works in schools delivering workshops for teachers, students and parents and also runs a very popular StudySmart Webinar series.

Megan Gallagher is a committed learner. She has been a teacher, health educator, educational leader and student for a number of years. Megan is an avid promoter of building resilience in our students and selves. She is passionate about students understanding how to learn.

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