

MY LIFE-FIT HABITS STUDY HABITS

Why should I improve my **study habits?**

Learning good study habits can make your life so much easier and therefore improve your happiness and well-being.

Ask your parents to take a look at this cool app:

<https://itunes.apple.com/ie/app/goconqr/id918156891?mt=8>

What are some ideas that can help me with my **Study Habits?**

1. Get enough sleep (see tip sheet)
2. Eat healthy, especially breakfast
3. Do not study for more than 50 mins straight, take 15 min breaks between
4. Drink plenty of water
5. Regular exercise (see tip sheet for ideas)
6. Try relaxation and meditation techniques (see tip sheet)
7. Do not study late at night
8. Manage your social media – have lock out times so no distractions
9. Improve your memory – use mind maps, write lyrics, headings and colours, pen and paper is best
10. Try group study sessions
11. Respect your teachers and learn from them – they are there to help
12. Study in a place that is similar to the exam room – use a table and chair, not your bed

Try this Life-Fit **Study Habits Challenge**

Plan to improve your study habits. Set a new goal each term to develop new life-fit learning habits.

Each term, identify one thing that you do that is NOT a helpful study habit, and break that habit. Think of something NEW you can do instead to make studying easier.

For example, if you get distracted at home, try studying at the school library instead, before or after school. Do your NEW study habit for an entire term to work out whether it is helpful.

Ask your parents to take a look at this **helpful** websites

1. <http://www.kidspot.com.au/school/secondary/study-skills/teaching-children-to-manage-their-study/news-story/9a51f88b8a27cbeff7312c36a3a71daf>
2. <https://www.developgoodhabits.com/good-study-routine/>
3. <https://au.pinterest.com/pin/368521181988038013>

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
<http://www.brave-online.com/>

