



## Student Guidance: Study Habits

Revision and homework should not mean studying for hours without a break. Small, consistent habits often make a bigger difference than last-minute cramming.

Good study habits are about working smarter, not longer. When work feels overwhelming, it is usually because it feels too big or unstructured. Breaking tasks down and using short, focused time blocks can help you stay productive without burning out.

### Make work feel smaller

- Break homework into short, clear tasks
- Start with one small step instead of the whole topic
- Focus on progress, not perfection

### Use short focus sessions

- Study for 20–30 minutes, then take a short break
- Remove distractions during your focus time
- Stop when your timer ends instead of pushing through exhaustion

### Manage distractions

- Keep your phone out of reach during study time
- Use apps or timers to block notifications if needed
- Study in a clear, quiet space where possible

### Ask for help

- Speak to your teacher if you do not understand something
- Let someone know if work feels unmanageable
- Getting support early makes everything easier

### Plan simply

- Write down deadlines and key tasks for the week
- Tackle harder tasks when your energy is highest
- Prepare what you need before you start

### Build consistent routines

- Study at similar times each day to build a habit
- Do a little revision regularly instead of cramming
- Celebrate small wins to stay motivated