

Thursday, 09 May 2019

Dear Parents/Guardians

Our mid-year exams are only three weeks away and with all the disruptions we have had this term with the numerous public holidays, it is going to be essential that your child puts an effective study plan together as soon as possible. Below is an outline of how you can help your child create an effective plan for the exam period:



**Step 1: Find out the learning style that works best for you.** Using diagrams, mind maps, acronyms or phonic phrases are all methods that can be employed to improve the retention of information. A mix of solitary learning combined with social learning is recommended.

**Step 2: Set realistic study goals:** Unrealistic goals are the death of any plan. Chunk the work into realistic segments and set aside a realistic amount of study time a day.

**Step 3: Make study time a part of your daily routine:** Successful learners have a schedule that they stick to, come hell or high water. Only studying when you feel like it is sure to end in failure and only studying the subjects that you enjoy is also a recipe for disaster. Schedule more time for the subjects that you struggle with and make sure you stick to the schedule.

**Step 4: Structure your study time:** Studying with no breaks for exercise or food reduces its effectiveness. Do not study for more than 50 minutes at a time. Take 10 minutes to relax and recharge. Get up, move around, activate your muscles and get some blood flowing.

**Step 5: Create your own study zone:** Having a specific location for your studies will help you trigger the habit as soon as you enter the room or place. Your study zone should be clean and distraction-free. No phones, Facebook, or TV. There is almost no way in which browsing the web, texting or checking email can be beneficial for your studying habit. Every second you spend looking at a screen is a second of focus lost.

**Step 6: Find at least one learning partner:** Accountability is huge. Having a study partner who will make sure that you are keeping to your schedule is so important. It also helps to know that someone else is in the same stressful environment as you are and is there to lend support.

**Step 7: Create good sleeping habits:** Teenagers need 8 hours of sleep a night. Studying through the night reduces the chances of writing a successful exam. Create a sleep schedule. Go to bed at the same time each night and wake up at the same time each morning. The body likes a routine.

**Step 8: Make sure you track your progress with some kind of study planner:** The only way to make sure you're making progress is to check how you're doing every once in a while. Nothing is more demoralizing than feeling like you're getting a lot done, but then end up not seeing results.

St Nicholas is a school that strives for academic excellence. For this to be a reality we need committed learners who have a strong work ethic and a passion for success. We are here to support and encourage them on the road to achieving the best academic results possible.

Yours sincerely

A handwritten signature in black ink that reads 'Leon Grove'.

Leon Grove