HOW TO STUDY EFFECTIVELY?

01
SET GOALS

- Start with small goals:
"I will review my notes for 20 minutes today."
- Make weekly goals to track your progress.
- Break big goals into small steps
(e.g., "Read pages 10–12," "Do vocabulary exercises").

02
CREATE A COMFORTABLE STUDY SPACE

- Choose a quiet spot with good lighting.
- Keep your desk organized and remove distractions.
- Put your phone on silent or keep it away from you.
- Prepare water and study materials before starting.
- Study in the same place and time every day to build a routine.

03
STUDY SMARTER, NOT LONGER

- Pomodoro: 25 minutes study → 5 minutes break; after 4 rounds take a 15–20 minute break.
- Active Recall: Close your book and explain the topic to yourself.
- Spaced Repetition: Review after 1 day, 3 days, and 1 week.
- Effective Notes: Use headings, bullet points, colors, diagrams, and examples.
- Teach-back: Explain the lesson to a friend or to yourself.

04
MANAGE YOUR TIME CALMLY

- Use a daily or weekly planner.
- Prioritize tasks: must do today / should do soon / can do later.
- Start difficult tasks when your energy is highest.
- Use the "10-minute rule": begin for just 10 minutes to gain momentum.
- Avoid multitasking; focus on one task at a time.

05

TAKE CARE OF YOUR HEALTH WHILE STUDYING

- Sleep 7–8 hours.
- Drink water and eat healthy snacks (nuts, yogurt, fruit).
- Take movement breaks every hour (stretch, walk, rest your eyes).
- Don't study when extremely tired; rest first.

06

JOIN RESEARCH

- Ask your teacher or classmates when you don't understand something.
- Form small study groups.
- Use online tools: Quizlet, YouTube lessons, Cambridge/Longman dictionaries, language apps.
- Don't wait until exam week ask early.

07

CELEBRATE YOUR PROGRESS

- Reward yourself after completing tasks (a break, walk, snack).
- Review your weekly progress: what worked, what needs improvement?
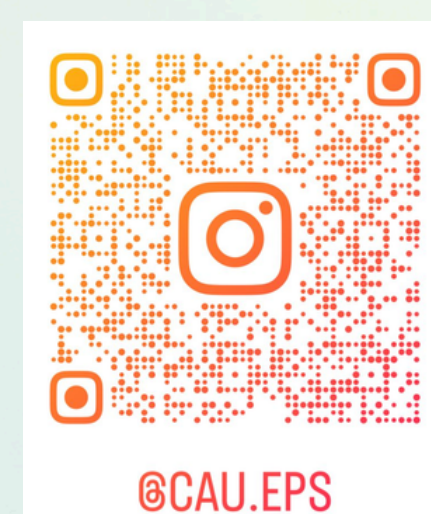- Remember: Consistency is more important than perfection.

DON'T MISS ANY UPDATES!

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