GOOD STUDY HABITS

SET YOURSELF UP FOR SUCCESS

1.
The usual requirements for good study habits apply to VCE maths:
- Have a study planner/routine – and stick to it!
- Have a suitable desk and environment set up to study.
- Avoid distractions during study time.
- Have breaks and exercise to keep your mind fresh.
- Teachers, parents, friends, tutors and others are all there to help you achieve, uncover what you don't know, and consolidate what you do. Seek help to ensure the best chance of success.

YOUR HEALTH AND WELLBEING

2.
- Get adequate sleep.
- Eat well.
- Exercise.
- Have at least half an hour before bed which is screen-free time. This will make for a more restful and restorative sleep and will improve concentration and ability to retain/ absorb new information the following day.

WHAT YOU KNOW AND WHAT YOU DON'T

3.
A checklist can help you feel like you are in control of your learning and helps you see what to focus on, making for more effective study. Assess yourself realistically so you know where to focus next. The table below is an example of an effective checklist, try creating one yourself.

USE A WHITEBOARD OR SCRIBBLE SPACE

4.
White boards can be fantastic study tools: you can put it up on your wall and use it to mind map, summarise, explain concepts to siblings, parents or pets. Drawing, scribbling, and explaining concepts to others is a fantastic way to consolidate understanding.

HAVE A REALISTIC STUDY PLAN

5.
Have a copy of the school timetable in your home study area and develop a home study plan for out-of-school hours.
- Start by blocking out non-negotiables eg. sport training, piano lessons.
- Set your breaks eg. dinner time, favourite TV show.
- Once you've blocked these out, you can realistically plan for homework and study time.
- Set study time for one subject per night to stay on top of each subject.

SUBJECT: FURTHER MATHS					
Outcome 1: Data analysis Topic (dot points from Study Design)	Has this been completed at school?	No idea! Need to study this a lot more.	Starting to understand the basics. Needs more work.	Almost got it. Needs a bit more practice	Nailed it! Revise this less frequently.
Types of data	Yes				•
Frequency tables and bar charts	Yes			•	
Log scales (base 10)	Yes	•			
Five figure summary and boxplots	Yes		•		
Mean and standard deviation					
… etc					

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