

## Study tips checklist

- Enjoy being a student.
- Help your family and friends realise how important being a student is to you.
- Have a regular place to study: when you sit there your body will learn to work.
- Move out of your comfort zone – make mistakes and learn from them.
- Work for half an hour every day
- Make some time to study every day. Turn off your phone, don't answer the door. Focus.
- Concentrate for 15 minute blocks at first and build up.
- Write something every day – your reflective blog?
- Develop your memory (Chapter 24).
- Discover if you like working alone – or with other people.
- Discover if you like working with noise or quiet.
- Discover if you like working in the morning, afternoon, evening or night.
- If English isn't your first language join an Academic English class.
- Buy an English dictionary, a subject dictionary and a dictionary of sociological terms.
- Buy an exercise book and make your own subject dictionary.
- Write new theories, words and phrases on Post-its and stick them up all round your home. Take them down when you know them.
- Prioritise; make lists; use a diary; use a 24/7 timetable. Be very organised ... Sometimes sit amongst a pile of work and plunge in.
- Enjoy studying, do not see it as 'work'.
- Use deadlines to keep you on track.
- If unhappy with your spelling, punctuation or grammar, buy a simple grammar book and use it.
- Keep a small notebook with you. When you have a bright idea or insight, write it down.
- Find a friend, get a study partner, use online discussion boards, set up your own Wiki or blog and write about your studies and your learning.



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