

# 5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

## 1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



## 2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



## 3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.



## 4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



## 5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.















REACH  
OUT.COM

NIGHT BEFORE

# EXAM SLAYING CHECKLIST

On THE DAY

- |                          |                                                                              |                                                                                     |                                                                                     |                                                                               |                          |
|--------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------|
| <input type="checkbox"/> | <b>CHECK</b><br>your exam location<br>and start time                         |    |    | <b>EAT</b><br>a decent<br>brekky                                              | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>DO</b><br>a light revision<br>of your notes<br>(don't go overboard)       |    |    | <b>PACK</b><br>your bag                                                       | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>LAY</b><br>out your clothes                                               |    |    | <b>ARRIVE</b><br>a little early                                               | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>SET</b><br>your alarm                                                     |   |   | <b>AVOID</b><br>any people that<br>stress you out                             | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>VISUALISE</b><br>yourself being<br>calm and confident<br>in the exam room |  |  | <b>TAKE 2</b><br>minutes and<br>practice deep<br>and slow breathing           | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>GO</b><br>to bed early<br>enough to get a<br>good amount of<br>sleep      |  |  | <b>GET</b><br>comfortable in<br>your assigned seat<br>and then get to<br>work | <input type="checkbox"/> |

# 5 apps for beating exam stress



## 1. My Study Life

This app is kinda like a digital diary, and it's designed to help you keep on top of due dates and study schedules. It's totally free, and can be used to track deadlines: just input an assignment name and the date that it's due, and the app will remind you as often as you like. Best of all, it can synch up across a whole bunch of devices – and is even accessible offline, so it won't chew up all your data.



## 2. ReachOut Breathe

You know that terrible, tight sensation you get in your chest whenever you start to feel anxious? It's caused by stress affecting your breathing, creating exactly the kind of pain that the ReachOut Breathe app is designed to help you with. The free app helps you to slow and maintain your breathing, while also measuring your heart rate. As a result, it's not only good for exam time; it's useful for dealing with stress in general.



## 3. Habitbull

One of the hardest things to do when preparing for exams is getting into a good study routine. It's just so easy to get distracted by the internet, friends, your phone or games. After all, you've got stacks of time! No need to rush studying, is there? But before you know it, you're cramming the night before a test rather than preparing for it weeks in advance.

Enter Habitbull. A motivational app, Habitbull allows you to track and input good habits, even giving you a score based on how well you're keeping up with routines. It's great for noticing patterns in your behaviour, too: maybe there are specific days when you're more alert than others, or maybe you tend to work better on the weekends rather than on school nights.



## 4. Recharge

When you're studying hard for an exam, often the first thing to go out the window is your sleep cycle. You stay up late, you wake up early... And even if you're not spending all night studying, you're spending all night thinking about studying, which is just as disruptive.

Recharge can help with that. The app helps track your sleep schedule, gives you some activities to do in the morning to get the blood pumping, allows you to track your mood, and – maybe best of all – comes with a super-loud, super-effective wake-up alarm.



## 5. Pause

Mindfulness – an anxiety-calming skill that helps you monitor worried thoughts – is a hard thing to master. Practising mindfulness doesn't have to be boring. In fact, Pause, a free app, has been designed to turn mindfulness into a kind of game.

Pause gets you to focus on small blobs as they fly across the screen while calming music plays. This might make it sound simple, but that's because it's meant to be. By getting you to focus on very basic shapes, Pause can increase your concentration, slow your breathing, and generally calm you down if you're feeling stressed.