






**CHOOSE  
MATHS**  
CAREERS

AN AMSI SCHOOLS PROJECT

AMSI

BHP Foundation

# STUDY TIPS





## ORGANISE YOUR TIME

*Schedule time for work  
but also time to chill*



## KEEP FOCUSED

*Keep distractions like social  
media for your break times*



## REVIEW & REVISE

*Doing a little often is better  
than last-minute cramming*



## NO DISTRACTIONS

*Find a good quiet  
place to work*



## TIDY UP

*Keep your work environment  
organised - it helps!*



## AVOID STRESS

*Try to avoid  
stressful situations*



## SHARE IDEAS

*Form a study group with other  
students so you can motivate  
each other*



## ASK FOR HELP

*Find people who can support  
you (family, friends, teachers)  
when you need it*



## MAKE A PLAN

*Include important deadlines  
and study goals. Be realistic  
about what you can do*

## YOU CAN IMPROVE YOUR PERFORMANCE IN EXAMS IF YOU:

- ✓ *Prepare in advance, practise by working through past exam papers*
- ✓ *Make sure you turn up on time and have the correct equipment*
- ✓ *Use reading time wisely to decide how you will tackle the paper*
- ✓ *Read the questions thoroughly and highlight any key points*
- ✓ *Plan to keep yourself on track, jot down key points before starting an essay*
- ✓ *When you are finished go back through your work to check for errors*
- ✓ *Pay attention to the mark scheme, this should help you work out how long you need to spend on each question and how much detail is required*
- ✓ *Try to keep calm, if you hit a difficult patch move on to another question and then return to it later*
- ✓ *Keep your work clear and legible*



## Keep Your **Mind** & **Body** Healthy

### THINGS THAT CAN HELP:

- EXERCISE ✓
- SLEEP ✓
- EATING WELL ✓
- RELAXATION ✓
- MEDITATION ✓



study  
**Smarter** not  
Harder

SET  
YOURSELF  
SMART  
GOALS

- ✓ SPECIFIC
- ✓ MEASURABLE
- ✓ ACHIEVABLE
- ✓ RELEVANT
- ✓ TIME-BASED