

Healthy Study Habits



In today's world, where distractions are abundant and the pressure to excel is high, guiding children to develop healthy study habits is more important than ever.

It's essential for students to recognise that good study habits aren't merely about spending extra hours hitting the books. It's more about quality over quantity and having a more balanced approach. Emphasising the value of a routine is essential. Consistent study times establish a sense of structure and discipline, turning studying into a natural part of their daily routine rather than a burdensome task.

Additionally, how students approach their study sessions is equally important. Taking regular breaks is a crucial part of this process in maintaining focus and preventing long-term burnout.

Maintaining a healthy lifestyle that includes sufficient sleep, a balanced diet, and consistent physical activity are indispensable elements that will significantly impact your child's ability to study effectively. Fostering these healthy habits is one of the greatest gifts we can offer children, paving the way for a lifetime of learning and achievement.

The building blocks of wellbeing are the best starting point for final year students and require a family focus on – sleep, healthy diet, regular exercise, hydration and some level of positive interaction with friends.

SLEEP

All students should strive to establish a regular sleep-wake cycle, ensuring they receive the recommended 8-9 hours of sleep each night. Sufficient rest will enhance their ability to concentrate, process information, and perform at their best.

NUTRITION

The brain needs plenty of good fuel to maintain concentration throughout the day. Eating breakfast is associated with better brain function, memory, and attention. Eating a Mediterranean diet is also reported to have various mental health benefits.

EXERCISE

Research shows that students with higher fitness scores tend to have higher test scores. Regular physical activity helps in the development of strong bones and muscles, as well as reduce symptoms of anxiety, boost self-esteem, and improve cognitive function.

HYDRATION

Drinking water supports optimal brain function, helping students maintain focus and retain information. Encourage them to stay adequately hydrated throughout the day. Guidelines suggest consuming about 1.4 to 1.6 litres per day.



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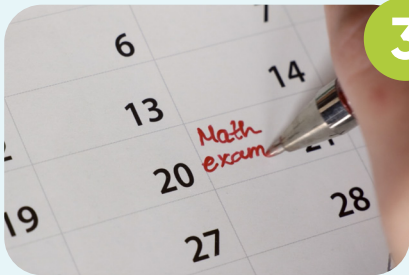
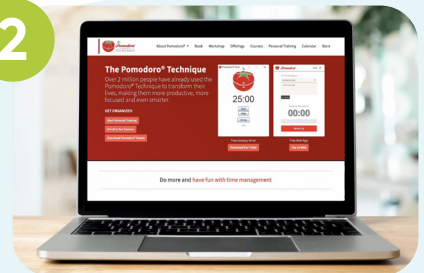
Spaced Repetition

This learning technique involves reviewing information at increasing intervals of time to enhance memory retention. It's like adding layers of paint to a canvas. Each review session adds a new layer, enhancing the depth and detail of understanding and knowledge.

The Pomodoro Technique

The Pomodoro Technique is a time management method that involves breaking study into intervals, typically 25 minutes, separated by short 5 minute breaks. Each interval is known as a "pomodoro" and after four "pomodoro" sessions, students should be encouraged to take a longer 20–30-minute break.

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Structured Study Schedule

Creating a structured study schedule helps students allocate specific time slots for different subjects, ensuring they maintain a balanced approach to their studies. Establishing a routine enhances their time management skills and creates a sense of discipline and purpose.

Active Learning

Encourage students to actively engage with the material they are studying, rather than passively consuming information. Their memory stores information best when they organise their notes so that the main idea is highlighted on each page. This helps foster a deeper understanding and retention of content.

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Practice Exams

Practice exams have been found to be especially useful. Outcomes improve when students practice in the same conditions they want to perform in. Remember there won't be mobile phones, there won't be computer screens or music in the exam room.

