



Tips on How to Enjoy Studying

Study Space

1. Make yourself comfortable

The right furniture, lighting and temperature can help you concentrate.

2. De-clutter

Throw away unnecessary items to keep your space clean and neat.

3. Avoid distractions

Put your mobile phone on silent while studying. Use a headphone to help eliminate surrounding sounds you cannot control.



Fun Activities

1. Discover new perspectives

Learning is a journey, so along the way you will discover new information. Look forward to these discoveries and relate to what you already know.

2. Creative notetaking

Use images, colours and shapes to make your plain note into a piece of art!

3. Listen to music

Some jazz or R&B will help you concentrate and relax, when needed.

Study Buddy

1. Find someone with similar interest

Look for a buddy to study with. Preferably someone more like you so that you are in tune.

2. Discuss and challenge

Actively and openly discuss the study materials and crosscheck with one another. Make it game if you feel like winning!

3. Share your knowledge

Share what you know and ask what you don't know. Exchanging knowledge adds value to what you already know.



Progress Tracking

1. Set your goals

Start your week by setting your goal for the week. Jot them down and tick them off.

2. Check your progress

Track your progress at the end of each week. Make reference to your progress from previous weeks to know how far you've come and how much further to go.

3. Be realistic

Do not try to do too many tasks in a single week when you know you won't be able to complete them. Categorise and chunk your tasks to smaller manageable scope.



Reward Yourself

1. Treat yourself

If you have achieved your goal for the day, reward yourself. Only you can make yourself feel good!

2. Take a break

Plan your breaks between your schedules. Maybe take a 10-minute break after every hour of study.

3. Time off

To avoid overexerting yourself, make sure you slot in some free days off. Make full use of this time to do any thing else other than studying!

