

# **SQA Study Guides**

## Effective Study habits

People prefer to in the morning, others prefer the end of the day.

- You'll need to experiment a little and see what works best for you.
- Not matter what time it is make sure you're organised, alert and ready to learn.



Some people can study anywhere

- On the train, on the bus, in the bath, you name it, someone will do it.
- Wherever you decide, try to minimise the distractions.



When you're well organised, studying can be easy

- Spread your studies in nice, manageable one-hour chunks.
- More than 2 to 3 hours in a single stretch is usually too much.
- Don't forget to take a few minutes break every now and then.



If you want to study successfully, you have to avoid distractions.

- While it's hard to escape the modern world, it's only for few hours or so at a time.
- So switch off your phone, shut down your computer and concentrate on studying.

