



TIPS FOR SCHOOL SUCCESS



TIME MANAGEMENT

- ✓ Identify your "Best Time" for Studying.
- ✓ Think about when you work efficiently and study during these times.
- ✓ Work on difficult subjects first when you are fresh and can process information quickly and retain it better
- ✓ Study in long blocks and take short breaks of about 15 minutes. Your brain continues to process and synthesize information during break times.



SLEEP

- ✓ Restores the body and mind
- ✓ Consolidates learning
- ✓ Improves mental outlook:
- ✓ Gives the body a chance to recharge.



EXERCISE

- ✓ Improves circulation and makes the mind strong
- ✓ After a long study session your brain may feel tired, but your body needs to move. Go for a run or a bike ride, shoot some hoops or take a walk. This will renew your energy level and will also help you sleep better.



HEALTHY EATING

- ✓ Healthy meals + active lifestyles = student achievement
- ✓ The better the fuel your brain gets, the better you'll study.
- ✓ Good food is important in maintaining mental health as well as physical health.