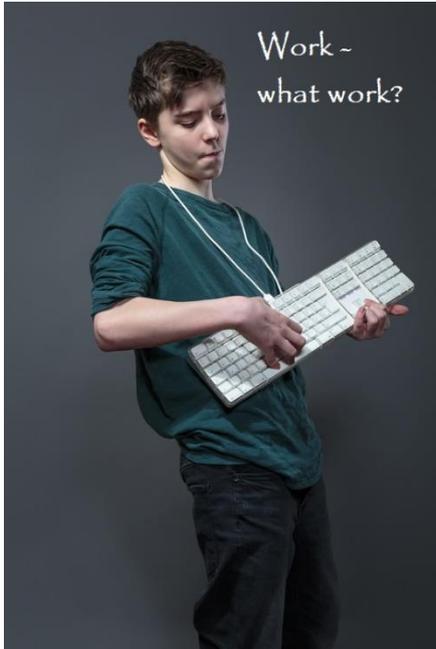


Are you in Group A?

The answer is easydo the work.

But that's not necessarily the problem is it?



It's very often more about getting organised and being able to stick to your schedule than the work itself that's the problem.

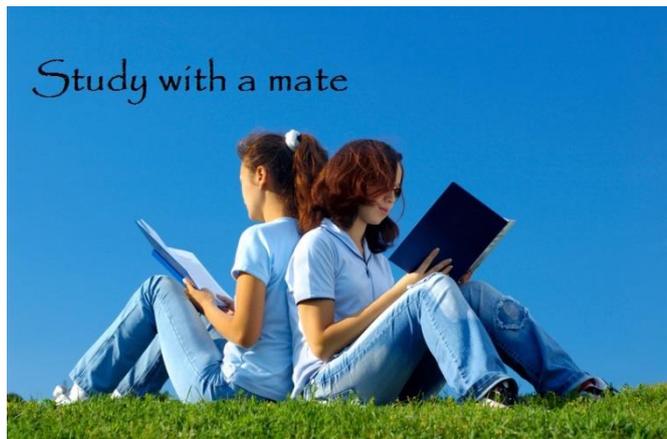
Think about that and remember it.

It's not about the work itself

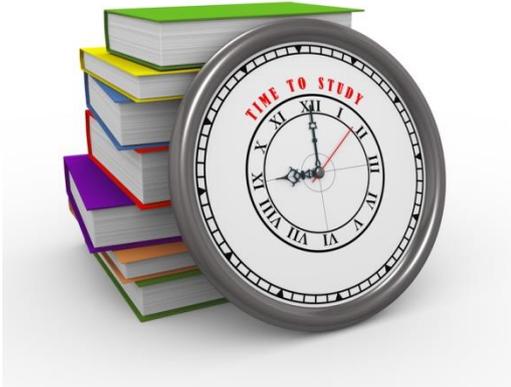
You know what you're doing. You know that you can do it (If you don't then seek help from a tutor but I'm betting you do – it's just a lack of confidence that makes you feel that you don't).

So, the suggestions that I would make to ensure you can get the work done are as follows:

1. Get together with a study-mate. It's far easier to stick to a plan when you've made an arrangement with someone else to do it.
2. It's probably best if that study-mate isn't one of your usual friends. If you normally play tennis with this friend then instead of studying for two hours you're more likely to study for 20 minutes and then go off to have a quick game. You'll start studying properly next time.....



3. Start from the end. By that I mean rather than deciding you'd like to study for X hours per week, start at how many hours you need to put in between now and the exams and work backwards to see how much you need to do per week. **Work with that number.**



4. Once you have your routine in place, make it a reasonable one.
 - a. Ensure it's practical. If you have commitments on a Wednesday evening then don't mark off study time then. You'll feel frustrated and disappointed that you haven't stuck to the plan. **'It's not working!'** It never had a chance of working because you set the plan up in such a way that it couldn't have worked.
 - b. Make sure your schedule includes lots of breaks. Long concentrated times of study can prove not so effective. You will get tired and so your energy and concentration will start to diminish. Having a break every so often it will give your brain time to assimilate the information you've been working on making it easier for you to remember. What's the best amount of work vs break time? Apparently to work for 52 minutes and then break for 17 is the optimum according to someone in the internet. If I'm studying, my way has always been to drink loads of water so that I need a 'natural break' after a certain interval. I would take that opportunity to wander about and do some stretches for five minutes. That seemed to work for me but isn't particularly scientific as it will depend on different factors such as how long you're studying for in one go and what your natural study style is. If you're only studying for two hours for example it may be that the 17 minute break in the middle might be a bit excessive.
 - c. Recognise your style and work with that. For example my preference would be to do probably three hours in a stretch (including breaks). That's about as long as I would concentrate fully for. You know where your comfort levels are so ensure that your schedule accommodates your natural way of working. If you don't it will feel such a slog that it will be difficult to stick to.
5. Once you've decided on your plan make sure there is someone to hold you accountable to it. Writing the plan is one thing but if you don't stick to it then.....
6. Write your study goal up somewhere where you can see it. Mark off the study times that you have completed. Have the big shiny exam result showing at the end of the schedule to remind you of **why** you're doing it. Have something to represent what the exam result will give you. A picture of the college you'll go to or the firm where you hope to work.

Happy studying and good luck! Actually I would recommend reading the tips for group B too as they may help as well.

Jessica