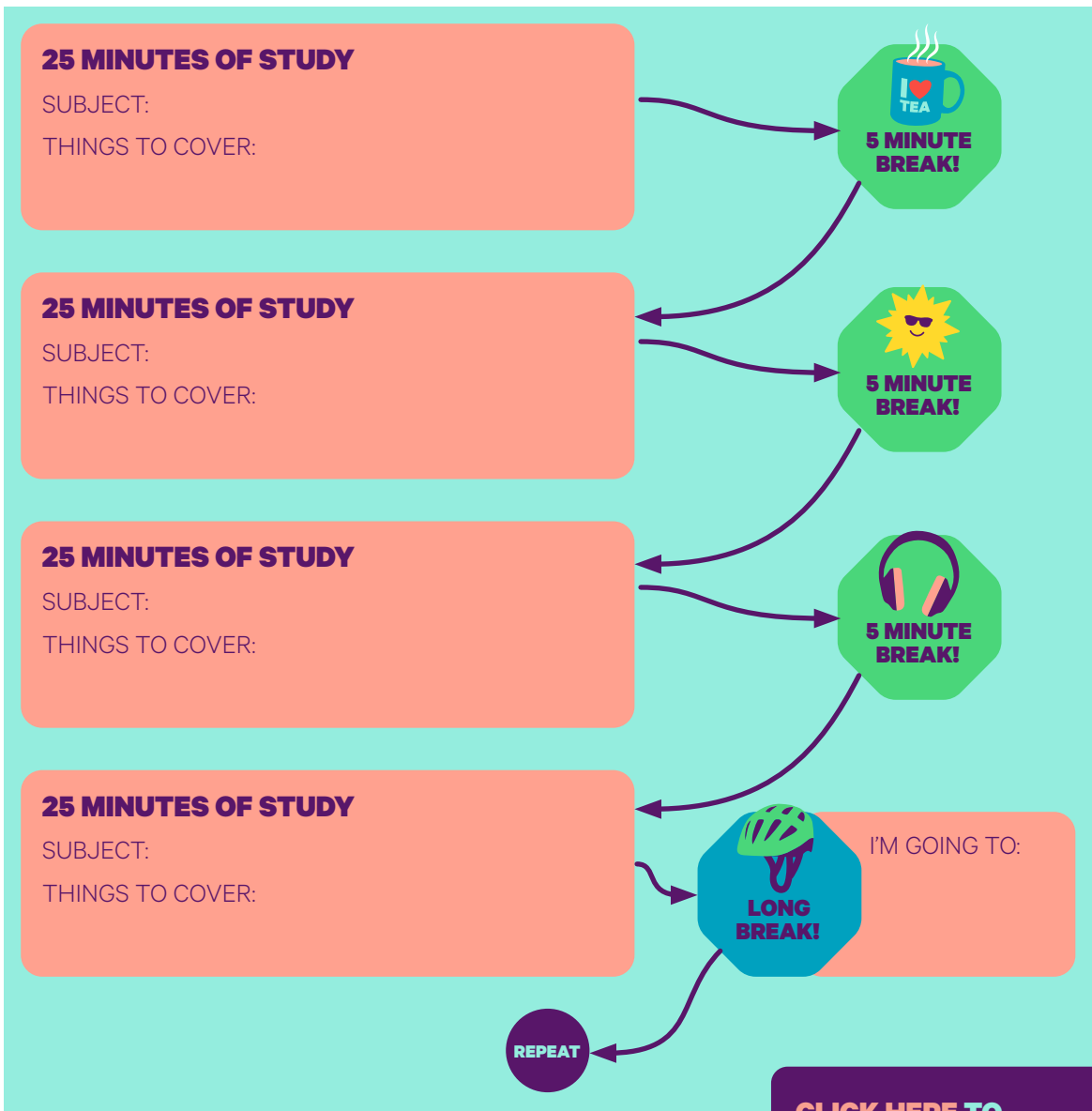


How to study smarter, not harder

Evidence shows that we retain more information when we break our study down into smaller pieces and take regular breaks – which gives our brain time to ‘press save’ on what we’ve covered. You can use this sheet to plan each study session, which will help you feel on track, and get your study schedule sorted.



CLICK HERE TO TRY IT OUT WITH OUR FEELING IT STUDY TIMER

CREATING YOUR OASIS - THE THREE S'S

There are three key elements to creating an oasis that will support you to study well, stay well and perform at your best. These are stress, study and sleep. Let's take a look at how you can hack each to create your oasis as you head into the end of the school year.

1. STRESS: make it your friend

Instead of thinking of stress as something that's negative and an obstacle to achieving your goals, see if you can reframe it as something that's actually helping you - because it is! Stress energises us and prepares us for action. It also releases a hormone called oxytocin, also known as 'the love hormone', which helps connect us to others. When we change our perception of stress we change how our body responds to it. We want to reframe our stress, not get rid of it!

2. STUDY: smarter not harder

Small things done regularly make a big difference over time (remember the drops in your self-care buckets in [episode 1](#)). It's the same with studying! Taking regular breaks and changing up what you're studying, rather than cramming the one topic for hours on end, helps your brain stay interested and engaged. This means you will remember more!

3. SLEEP: the save and refresh button

Sleep is one of the best ways to boost your study and performance. A good night's sleep before studying prepares your brain to take in information. A good night's sleep after studying helps your brain retain it. We know that sleep doesn't always come easily and worrying about not sleeping only makes things harder. If this happens, see if you can find your Lion Mind ([episode 3](#)) by focusing your attention on your senses (e.g. listening to your breath, feeling the sheets against your skin). This will help to calm your nervous system, leaving you feeling more rested.

TRY IT

STRESS: Take a moment this week to really notice the sensations in your body and mind when you experience stress. Consider how these sensations are helping, rather than hindering, you. Is there an activity you can try to help you work with and manage this stress?

STUDY: Using the planner on the front page, or another system that works for you, give the 25 minute study and 5 minute break approach a go this week! Use the Feeling It study timer to keep you on track!

SLEEP: Think of one thing you can do this week to support you getting a good night of sleep. Maybe it's trying a sleep meditation, or perhaps no screens for 30 minutes before bed, or a nice warm shower?

Want to dive deeper? Have a think about the REFLECT questions this week.

WANT MORE? CHECK THESE OUT!

Kelly McGonigal - How to make stress your friend Ted Talk: https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en

Douglas Barton - What do top students do differently? Ted Talk: <https://www.youtube.com/watch?v=Na8m4GPqA30>

Matt Walker - Sleep is your superpower Ted Talk: https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en

CHECK OUT THE FEELING IT SERIES HERE!



Web app link: <https://app.smilingmind.com.au/programs/78>

Smiling Mind app location:
All programs > Youth > Feeling It

REFLECT

- What is your perception of stress? How might you reframe stress?
- What do you notice about yourself when you experience stress? How easy or difficult is it for you to view stress as your friend?
- How might you plan out your study sessions? What might you try?
- What do you notice about your study sessions after a good night of sleep?
- What is one thing you will do to support you getting a good night of sleep?

WHERE TO FIND SUPPORT

Immediate danger

If you're in a life-threatening situation and need immediate help call 000

Want to talk to someone?

Your school

- Reach out to a teacher or wellbeing coordinator at your school

During business hours

If you're having difficulty coping during business hours you can also contact:

- Headspace <https://headspace.org.au>
- A local GP to arrange an appointment with them that day

Available 24 hours every day

If you're in crisis or are having difficulty coping call one of the following services, both of which are available 24 hours a day, 7 days a week:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800