

Top Study Tips



1

Give yourself
enough time
to study



2

Review syllabuses
and subject reports



3

Organise study
groups with
friends



4

Take regular
breaks



5

Practise on
past papers*



6

Snack on
'brain food'



7

Plan your
exam day



8

Organise your
study space



9

Get plenty
of sleep



Tips Psychology Of Success

Joseph Zajda

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Success The Psychology of Achievement Deborah Olson,2017-01-16 Achieve personal fulfilment in your career relationship and performance with Success The Psychology of Achievement Success The Psychology of Achievement will unlock your potential and help you raise your game by equipping you with the tools you need to achieve success in every aspect of life Give your confidence a boost master your resources and raise your self awareness with proven strategies and theory Understand the meanings of success and fulfilment and develop your confidence with advice on practical skills including work life balance self analysis stress control coping with peer pressure positive habits and mindfulness Expertly mixing scientific research with constructive advice Success The Psychology of Achievement asks you what you want from life and learn how to get it

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