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Start with one small change

Studying effectively is a skill you can practise. You do not need perfect marks or expensive materials to begin.

Your study starting point

What is hardest about studying for me right now?

The study SMART check

- Specific: Which subject or topic will I work on?
- Measurable: What can I complete or explain afterwards?
- Achievable: Is my plan realistic for today?
- Relevant: Why does this topic matter?
- Time-bound: When will I start and finish?

Try it today

Choose one subject and study for 25 minutes. Take a short break, then explain what you learned without looking at your notes.

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Plan your week

A simple weekly study routine

- List upcoming tests, tasks and deadlines.
- Choose two priority subjects for the week.
- Use short focused sessions with breaks.
- Leave time for sleep, meals, movement and family responsibilities.
- Review your plan each evening and adjust.

My plan

My top two subjects this week:

The days and times I can realistically study:

One distraction I will reduce:

Keep it realistic

A short routine you can repeat is more useful than a perfect timetable you cannot follow.

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Learn actively, not just by rereading

Four study methods to try

- Recall: Close your book and write what you remember.
- Practice: Answer questions or work through examples.
- Explain: Teach a topic to someone else in simple words.
- Space it out: Review material again after a day, then a few days later.

Try a 20-minute learning cycle

- 5 minutes: Preview a small topic.
- 10 minutes: Work through examples or practice questions.
- 5 minutes: Close the book and test yourself.

Which method worked best for me, and why?

Free learning support

Use Khan Academy for lessons and practice; Siyavula for mathematics and science; and the Department of Basic Education for past papers and study guides.

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Prepare for tests and exams

Before the test

- Find out which topics are included.
- Make a short revision plan several days ahead.
- Practise past questions and check your answers.
- Prepare what you need the evening before.
- Get enough sleep instead of studying all night.

During the test

- Read instructions carefully and check the time.
- Start with questions you can answer.
- Show your working where required.
- Return to difficult questions if time allows.

If I feel overwhelmed

Pause, breathe slowly, break the task into smaller pieces, and ask a trusted adult, teacher or counsellor for help when needed.

One thing I will do differently for my next test:

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Your seven-day study challenge

Try one small habit each day. Tick it when done and write what helped.

- Day 1: Set a realistic study goal.
- Day 2: Create a 25-minute focus session.
- Day 3: Practise recalling information without notes.
- Day 4: Answer five practice questions.
- Day 5: Explain a topic to someone else.
- Day 6: Review an older topic.
- Day 7: Reflect and plan your next week.

My reflection

The habit that helped me most:

One thing I will keep doing next week:

Remember

Progress is built through practice. If a day does not go to plan, start again the next day.