

THE OWLET

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HOW TO SET UP STUDY SESSIONS

Study for a designated time

Plan what you want to achieve during the designated study time and allocate an hour to an hour and a half to study unless you are doing a timed exam. Do not use your phone as a timer because of the distractions from notifications. Set yourself a set number of questions to tackle during this time and work through them systematically, noting any challenges you encounter so you can review them with a study partner, tutor or teacher.

Have everything ready

When you study, make sure you have all that you need handy. This will prevent you from walking away to look for items in the middle of the sessions. For example, a charged calculator, notes, textbook, loose leaf paper or exercise book, all required stationery items, and the formula sheet should be at your study station. Make sure the stationery that you use during the study session is allowed for the exam, for example use VCAA approved items.

Study area and time

Choose a study time when you are not too tired and are as alert as possible. The area you study should have the right lighting and temperature as well as the right furniture for your needs. Try to position yourself away from distractions like the TV. Make sure your study environment is as comfortable as possible and that you have some healthy snacks and water while working. This creates an environment conducive to productivity.

Study with a partner

If you can study with another student who is also studying the same subject, you can be more effective in revising. Together it's easier to compare different approaches to a question, note down important points to include in the summary or explain to each other concepts that you are trying to learn.

Break Days

Consistent study is important, however, have a day of break between study days in order to consolidate the learning. Break days provide the opportunity for the growth to take place.