







Study Skills:

Learn Smarter, Not Harder

Why This Matters

Effective study skills help you feel more confident and less overwhelmed, especially during exam periods.

Top 6 Study Tips

-  Set a regular study routine (and stick to it!)
-  Break big topics into smaller parts
-  Study in blocks with short breaks (e.g., 25 min study / 5 min rest)
-  Put your phone away or on “focus mode”
-  Take notes in your own words, summarise, and use mind maps
-  Prioritise rest, sleep, eating healthy, and exercise

Islamic Reminder

The Prophet ﷺ said: “Allah loves that when one of you does something, he does it with excellence (ihsan).” (Bayhaqi)

Need help? Talk to your teacher, counsellor, or your wellbeing team at your school.