

Top Tips

for Effective Study

Make the most of your learning with these quick, proven tips.

Set Clear Goals

Before you begin, ask yourself:

“What do I want to get out of this course?”

Having a clear goal gives your study purpose and helps you stay focused.

Break It Down

Short bursts of focused learning work best.

Try studying in 20–30 minute chunks with breaks in between. This keeps your brain fresh and reduces overwhelm.

Take Notes Your Way

Use a notebook, a digital doc, or even voice notes.

Summarising what you’ve learned in your own words helps it stick.

Revisit and Review

Don’t just go through a lesson once.

Go back, review your notes, and retake quizzes — especially for the trickier bits.

Apply What You Learn

Can you use a concept in real life?

Even thinking of examples from your own experience makes the learning more meaningful

and memorable.

Remove Distractions

Find a quiet space, turn off notifications, and give yourself permission to focus fully for a short time. It really pays off.

Talk About It

Explaining what you've learned to someone else is one of the best ways to reinforce it — even if it's just your pet!

Keep Going!

Progress beats perfection.

Some days, you'll fly through lessons. On other days, just opening the course counts. Keep the habit going.

Need Support? Reach Out!

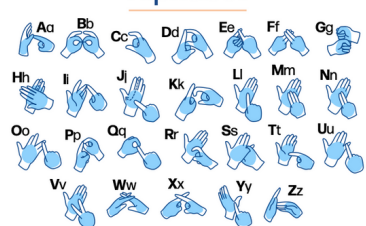
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