THE WAY

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HEALTHY STUDY HABITS

With exams just around the corner, many parents will be encouraging their children to spend more time studying. This can also be a valuable opportunity to reflect on your own experiences as a student. What helped you stay motivated and confident during exam periods? Just as importantly, what do you wish your parents had done to support you beyond simply telling you to study?

Developing effective study habits is one of the most important skills young people can learn in high school. Students who develop healthy study methods are more likely to perform well in exams, develop greater confidence in their abilities, and build a stronger sense of themselves as capable and successful learners. These skills also help reduce stress and promote greater independence and resilience.

As parents, we play an important role in supporting our children to develop positive and sustainable study habits. We encourage you to explore the Healthy Study Methods topic on SchoolTV for practical strategies and insights that can help you actively support your child during the upcoming exam period and beyond.

If you are curious about: Space and repetition, the Pomodoro technique, a Study Schedule, Active Studying , the Value of Practise exams and the importance of balance, review the Healthy Study Methods topic.

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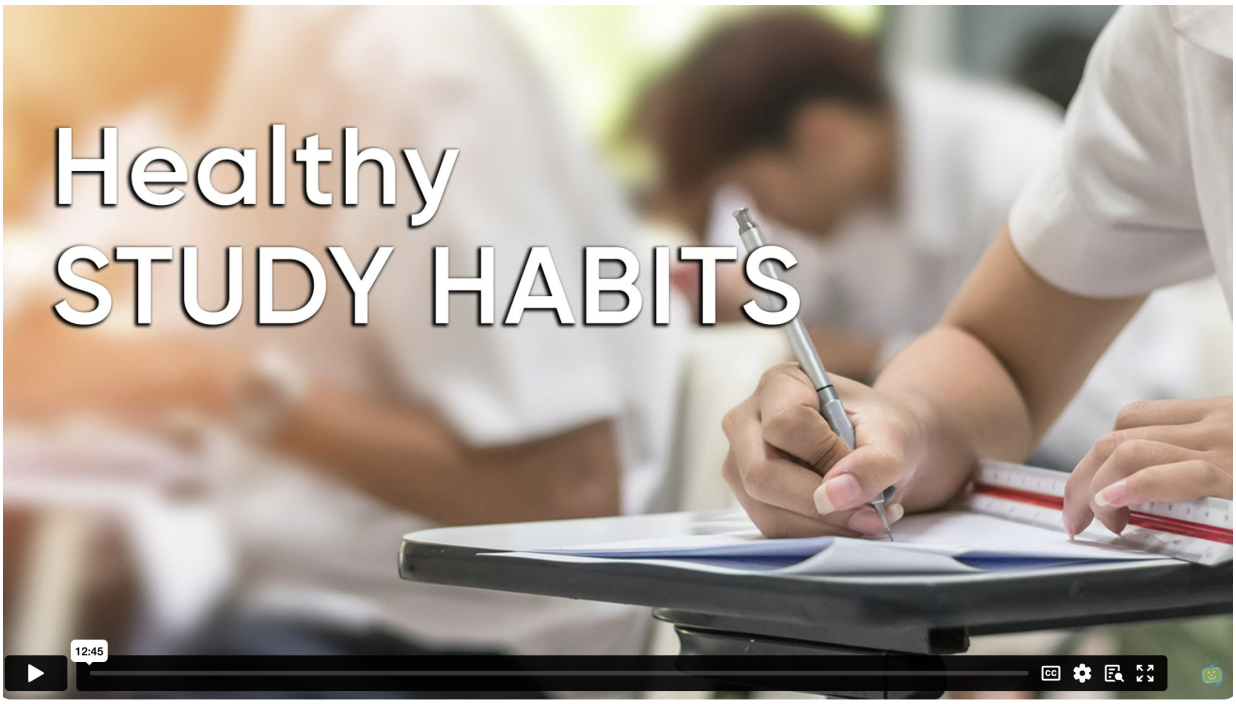

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