

INDRO TOP 5

STUDENT RESOURCE

1. BE FOCUSED

Think of attention as a spotlight – we can only “shine” our attention on a limited amount at once.

Be intentional about how you use your focus by:

- Doing one thing at a time to reduce task-switching
- Ensuring your study space is free from distractions
- Using timers or the Pomodoro technique to support your focus
- Taking breaks when needed – go outside, stretch, or talk to someone



TIP: Use these ideas and questions as a starting point to think about how you approach your learning. Each section will give you ideas and suggestions for how you can improve your Top 5 behaviours!

2. BE ORGANISED

Being organised means having clear and consistent systems for your life. Think about...

- Where will you keep your notes, etc.?
- Where will you record important deadlines?
- When will you work on important tasks?
- What are your goals for studying and how will you celebrate them?

TIP: Create simple, clear routines and stick to them!

3. HAVE A GROWTH MINDSET

Understand that learning is often uncomfortable.

Try and view mistakes and failures as **welcome** part of this learning process, rather than something to avoid.

Watch what you say to yourself when something is difficult. Instead of thinking “I can’t do this” try adding a YET to the end!

4. USE LEARNING STRATEGIES

Repetition is the key to building memory.

Plan short and frequent review sessions rather than trying to revise everything the night before it’s needed.

Consider whether you are actively engaging with this information, or simply passively reviewing it.

1. Instead of reading notes, try brainstorming everything you can remember on a blank piece of paper.
2. Use flash cards and online quizzes
3. Teach the concept to friends/family.

Ask yourself:

“Can I recall without my study notes?”

“Can I explain it to a friend?”

“Can I represent the information in a different form?”

5. ENACT FEEDBACK

- Reflect on the learning goals after lessons
- Review and check your own work thoroughly
- Seek feedback from peers as well as your teachers
- Check in with yourself: **Where** am I going? **How** am I going? **Where** to next?