

# Independent Learning Newsletter Tips

## Making Excuses Not To Study

It is very easy to come up with lots of reasons not to do your schoolwork.

*“I’m too tired”. “There is other stuff I’d rather be doing”. “It’s boring, I can’t be bothered”.*

But these are just excuses and the way students try to justify to themselves that it is OK not to do the work.

If you are having trouble getting started when you get home each afternoon, here are some tips to help:

1. As soon as you get home, unpack your bag immediately and lay out the work to be done in piles on your bed or the floor. Then walk away and have your break. It is easier to come back and start if all you have to do is pick up the first pile and begin.
2. Set an alarm in your mobile phone for when you will start work.
3. Start with something easy and achievable to get into a good rhythm and mind space.
4. Prioritise the rest of the work for the evening, what is most important? What is most urgent? What has to be done tonight?
5. Set yourself a reward for completing a certain amount of work.
6. Keep schoolwork and personal life separate, don’t do work in front of the TV or Facebook, instead do schoolwork in focused half hour blocks.
7. Choose a friend to help keep you on track. Discuss before you leave school what you need to get done that night, then decide a time to check in eg 9pm. Even though it is just your friend who is ringing to check up on you, it is amazing how much more motivated you will be to do the work when you know someone is checking up on you!

*So learn more this year about how to improve your results and be more efficient and effective with your schoolwork by going to the links section in your portal and opening the ELES handbook:*

