



# SummerPod

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## Believe in Yourself and You Will Be Unstoppable!

Check out our top tips for staying motivated!

### Create a Study Routine

By nature, we're creatures of habit. If you find it difficult to motivate yourself to study, creating a routine will help.

### Set Attainable Goals

Whether you set yourself a time goal or an amount of work to complete, it is important to challenge yourself.

### Study in Short Bursts

You are more likely to retain information from short bursts of learning as your attention will be increased.

### Review Your Results

It is important to check where you have gone wrong and avoid similar mistakes. It's also motivating to see how you've improved.

### Inspire Yourself

Post reminders and inspirational quotes in prominent places about what you want to achieve.

### Don't Compare

Don't try to compare yourself with others and try to focus on your own results and how you can improve.

### Get Enough Sleep

Make sure you get enough sleep, ideally 7-9 hours every night. This will help to encourage a relaxed and well-rested mind and body.

### Reward Yourself

Every time you complete one or two chunks, reward yourself with a short period of relaxation. Rewarding yourself with short and enjoyable breaks is a key part of the "chunking down" technique.



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