



**Your period 5 Independent Study Period is a great way to support your learning, well-being and to manage your workload.**

## **START BY THINKING ABOUT WHAT YOU NEED TO GET DONE**

- Are there any checkpoints/assessments due?
- Do you have notes from today's lesson?
- Do you understand the key ideas that you've covered today?
- Do you have a plan/ list to help get organised.
- Does anything you've covered relate to an upcoming exam?

Your Study period is a great place to answer those questions, to review your learning and to stay on top of the work you have done and need to complete.

## **WHILE YOU ARE STUDYING**

- **TURN OFF THE PHONE** – try an app like “Forest” to help you to manage your time
- Make sure you are meeting checkpoints, doing homework, completing what your teacher has asked for, getting assessments in
- Get feedback on drafts
- Stay connected – your teachers are available during Period 5 If you get stuck, get help – a teacher, a friend – don't leave it
- Spread your subjects out over a few days
- When you get distracted, don't worry, just re-focus