

TOP TIPS



ACTIVE
CAMBRIA

to enable you to learn effectively through lifestyle and mind activity

- 1 **Ensure you get enough sleep** 
- 2 **Recalling information and data** 
- 3 **Reward yourself** 
- 4 **Take a bath with Epsom sea salt** 
- 5 **Increase your exercise** 
- 6 **Take regular breaks from revision and studying** 
- 7 **Create lists of jobs to do or tasks** 
- 8 **Focus on the process, not the product** 
- 9 **Practise memory games** 
- 10 **Write, read, talk, discuss, repeat and recall** 

