

The MatriX Self-help Zones.

Zone 1: Fifth Year Approach.

PREPARING YOUR HOME STUDY SPACE

If you don't have such a space already, create one. In Fifth and Sixth it's VITAL! It could be your bedroom or anywhere away from distractions. It should be warm, well lit and equipped with pens, pencils, dictionaries, a thesaurus, maps, a wall planner, reference books, maths set etc. - whatever you need to do your work efficiently and well. (See the MatriX MiniVid at www.matrix-A2Z.com)

EMPOWER YOURSELF and take control of your life.

Try the 'Me! Me! Me!' download at www.matrix-A2Z.com/Choices

Make those changes. From now on it's up to you.

Use the 'Way to Go' download to help with Career, Subject and Course choices.

MatriX Mega-tip! Set your goal(s) or target(s); make a plan to get there and put an achievable time span on it.

FOR ANY HOME STUDY . .

. . . . do the hardest work first, when you're fresh and your energy levels are high.

What are the key elements of the work? **What order** should these be in?

How long should the piece be? When should it be handed in?

Split larger tasks into 'do-able' bits and work on those first.

Get involved. Be critical - what's YOUR view of the elements of the work? Why?

Does the work need further research? Brainstorming with friends? The internet?

As you progress the work, ask yourself: "Am I answering the question?"

Work to time periods which suit you. 40 minutes? An hour? Longer?

Reward yourself with a break. Walk? Snack? Cuppa? Then continue.

Always do the easier stuff when your energy levels are lower.

AND REMEMBER -

ALL of your home study, reading and research is for **YOU**. No-one else.

Don't be fooled by the 'laid-back' mob or the 'too cool crew'.

This is **YOUR** life.