

The MatriX Self-help Zones.Zone 2: Homework and Study

(Check this out in conjunction with Zones 1,3 & 4)

MAX-UP THE HOMEWORK MARKS

For a **smarter way** to do homework, go to www.matrix-A2Z.com
and watch the Matrix MiniVid - 'HOMEWORK'

It all adds up to more marks. And you've given yourself a brain work-out too!

MatriX Mega-tip! Don't get into alternative distractions like social media, watching T.V., or walking the dog. These should be your rewards for work completed!

MatriX Mega-tip! Do make a move. Clear your working space. Prioritise your tasks.
Open the book! Open your mind!

If you have to listen to music while you work, try slower-paced music.

*This has proven to be less distracting. And not too **LOUD!!***

When responding to any question, **don't mind** if nothing comes to you immediately, trust yourself, it will!

You don't need a killer first sentence.

What are the **key elements** of the work?

Try repeating the title or re-stating the problem, question or definition.

What can you remember from the lesson? Did you make notes in class?

Note-taking may be a new skill to you. Give it a go. You'll find it increasingly important as you go through school and vital at Third Level. (See Zone 4)

Another idea! >>>> Bouncing ideas around with other people -'brainstorming' - gives you different perspectives and helps you to stay focused and positive.

If you're learning a foreign language, talk to each other in that language.

AND use after-school clubs, the school library and teachers to help you.