



Biddenham International School & Sports College Sixth Form

Study Guidance for Level 3 Students

The number of hours a student should dedicate to each subject for success can vary based on factors like the subject's complexity, your personal learning style, and your goals. However, a general guideline is to allocate roughly 1-2 hours of study time for each hour of classroom instruction per week. This means if you have 5 hours of class per week for a particular subject, you should aim to spend an additional 5-10 hours studying and completing assignments for that subject. Here are a few additional tips:

1. **Prioritise Difficult Subjects:** Spend more time on subjects that you find challenging or those that are essential for your future goals.
2. **Create a Study Schedule:** Develop a study schedule that allocates sufficient time for each subject. Be consistent and stick to your schedule.
3. **Break Tasks into Manageable Chunks:** Divide your study time into smaller, focused sessions rather than cramming. This helps with retention and understanding.
4. **Review and Practice:** Regularly review and practice what you have learned. This reinforces your understanding of the material.
5. **Use Active Learning Techniques:** Engage in active learning methods like summarising, problem-solving, and teaching concepts to others.
6. **Seek Help When Needed:** Do not hesitate to ask your teachers for clarification or seek help from tutors or classmates if you are struggling with a subject.
7. **Stay Balanced:** Balance your study time across all your subjects to avoid neglecting any of them.
8. **Adapt to Your Needs:** Be flexible with your study plan. Adjust your study time based on your progress and needs.

Remember that quality matters more than quantity. Effective and focused study sessions are more valuable than simply spending a lot of time with a textbook open. Experiment with different study techniques and strategies to find what works best for you, and do not forget to take breaks and maintain a healthy work-life balance.